

Welcome to this week's Life Warm-Up™ -

Building Your Influencer Inc. Company

Life Warm-Up™

Howdy All!

Remember the theme is, "Living a Life of Influence!"

Fear is a darkroom where negatives develop!

Just a quick update before this Life Warm Up. It is official. I am out there in the world spreading the messages that have changed my life. After nearly two decades of teaching in the classroom the leadership curriculum for middle schools and high schools, the camps and staff development have grown where I can share and work with school districts and companies all over the nation. So if you are looking for a Parent Program, A Leadership or Mentor Program for Youth, Staff Development for Teachers or even Professional Development for your Company or Organization then email us at [pete@questld.com](mailto:pete@questld.com). I will be updating my speaking calendar and NOW is the time to reserve a spot for 2010!

One of my favorite authors and mentors is Lewis Timberlake. I love the quote in his book "Born to Win" that says, "Fear is a darkroom where negatives develop." Last June as the school year ended I knew I was going on my own and it occurred to me that the economy was not at its highest peak for starting a business. I considered the consequences of going on my own and the potential of how the economy might affect the bottom line and I felt a tremendous amount of fear. No one would have known what I was thinking or feeling, but as I shared where I was heading it didn't take well-minded people long to say what was on their mind. This is a terrible economy. You are leaving a great position. Will you have insurance? Are you sure this is the right time? What about your family? The reality is if I listened for too long to what they were saying I would be paralyzed with indecision and worse FEAR!

Let's be honest fear is a tricky emotion. At the root of my fear was a question. Would I be able to handle whatever was thrown at me? Can I handle the economy? Will I be able to generate a steady income? Will I be able to handle the organization it takes? Will I have the discipline to work for myself? What if I get hurt? The list goes on and on, but the fear is always the same...can I handle this?

What about you? Can you handle this economy? What if you had to work harder? Can you handle that? Can you handle what people might say or think about you? The list of fears is really never ending, but the foundation is the same. The greatest fears start with our own feelings of inadequacies. This is too much we say to ourselves. I just don't think I can handle this! Poppy cock! You are Born to Win! You were created for greatness! It is time to rally FAITH and shut fear down! As the quote implies - what negatives are you focusing on that keeps you in the dark. I want you to literally take an inventory of the thoughts that are going through your head when you are really struggling. My guess is that your

thoughts are just about as uplifting as a good case of the flu! Focus on the pure, the powerful and the positive and shine the light of faith on the darkroom of fear! You are a CHAMPION! So get in the game and play to win. The simple truth is that you influence everyone around you every day you play the game of life. PS-You can handle it! (There is a great scene where Sam Kinison yells at Rodney Dangerfield in the movie Back to School. He screams SAY IT, SAY IT, SAY IT - it is your turn - SAY IT- I can handle this! My FAITH, FAMILY and FOCUS will see me through!)