

Hello Jordan School District!

I had a great time with you all last week at your Back to School Event. I was deeply moved by the caliber of people in your Jordan School District and can't say enough about how much I was nourished just being you all, visiting with some of you and seeing what a great impact you make on your students.

Since I don't use a PowerPoint (Thank You Very Much!), I want to remind you of mine main big ideas. I hope you all have a great summer and here they are:

First, please go here for free download of: [Free audio of Craig's Take Yourself Lightly program](#)

Go her to: [Sign up for Craig's Monthly Newsletter -](#)

Go here to: [Like Craig on Facebook!](#)

During my program, we talked about children, especially four or five year olds, and those qualities that we all once had in abundance and have mostly lost. Kids laugh a lot, they are not self-conscious, they're highly creative, they live in the moment, they're honest, don't worry, are okay with not knowing, and they give 100%, they share their toys, they aren't pretentious, and they have tremendous enthusiasm.

So here is the thing: How would it be, if in your professional and personal lives, you could reclaim and apply some of those wonderful traits that we once had as children? Try to imagine this for yourself: feeling more freedom inside yourself, (take a big breath here), having less worrying, having more fun at work and home, being more in the here and now, letting your creativity flow... .Do you feel something loosening?

Now think about what would be available for you within your organization? How about you and your family? Can you imagine what might be possible if you could recover some of those generous, authentic and life-renewing qualities again?

Here's the scoop:

Three Secrets to reclaiming the joy and adventurous spirit we once had:

First: It's not about learning anything; in fact, it's about un-learning. Does it make sense that we once had all these qualities? So, we've got to ask, what have we "learned" that is blocking these qualities? How can we unlearn that? I think we've learned to be afraid, and this fear controls us. What are we most afraid of? Lots of things.... perhaps most of all, we're afraid of feeling completely out of control, afraid of what others think of us, afraid to fail, afraid to take a positive risk, afraid that we're not keeping up with the Joneses, afraid of our image will be tarnished, and on and on. We spend an incredible amount of time trying to be accepted, concerned that we've "got the right answer", "chose the right seat at the table", "are funny enough", etc. We're avoiding looking bad while trying so darn hard to look good? With all that going on, we don't have any room for a big purpose, let alone fun! PLAY! That's what you do!!! Just for fun. Whistle, dance, sing, throw a party. Try something new. Turn off the TV -- enough brainwashing for now. Notice when you are trying to impress someone instead of being yourself. Say to yourself, "What I am doing right now is the most important thing I could doing ." And most of all, watch how free, loving, and uninhibited young children are. It's profound, I guarantee.

Second: Get Comfortable with Being Embarrassed. Stop trying so hard to not be embarrassed, get comfortable with embarrassment. Let's face it, it's part of the human experience. We all do silly things, make mistakes, spill your soup at lunch with the boss, forget our brother-in-law's name during introductions. But let me ask you,... how much energy does it take for you to NOT be embarrassed? It takes a lot of energy that could be used for other things.

So, a remedy? Every day do something that makes you feel a bit embarrassed and get used to it. One hundred years from now, will it really matter? Someone once said, "Courage is not the absence of fear; it is seeing something greater than the fear." Being embarrassed is being human.

Third: Find a purpose bigger than you. (This is my personal favorite!!!) Remember our audience member who was afraid of public speaking? Remember all the things they were worried about like...."What if I forget what to say, make a mistake"? "What will people think of me?" Then, I asked our volunteer to recall someone they really love. "If your loved one was in front of the room right now and in harm's way, would you stop at nothing to help them?" "Absolutely" our volunteer replied! When I asked if they'd worry about forgetting what to say, worried what people thought, the response was "of course not!"

In the moment we are focused on something a higher purpose, outside of ourselves, all those fears drop in a heartbeat.

The trick is to focus on your passion, on what you love, on the mission, on the goal - whatever it is that is beyond you or bigger than you. When you do that, the self-conscious part of you is not involved anymore. Freedom!

Three things you can do to live a more purposeful and joyful life - remember to focus on your mission, be okay with embarrassment, and constantly look for ways to unlearn those blocks to your authentic self. With this, you'll start to reclaim your innate nature and make a bigger difference.

Give us a call if your group would be interested in some fun training!

All the best,

Craig

www.craigzablocki.com

303-830-7996

