

EMPOWERMENT NEWS!

Becoming The Best You!™

Refocus



As the 4th quarter of this year approaches, I completed an assessment of 2013. Before I plunged ahead to journal my goals for the remaining of the year, I was compelled to analyze these (3) R's "Refocus, Reprioritize, and Rejuvenate.

Allow me to share my thoughts about this:

Sometimes I find myself working so hard to achieve a goal that I may meander off track. Consequently, there are things in the environment that compete for our attention and every now and then life itself will provoke us to lose sight on our destiny.

First, **Refocus** will allow me to redeploy my attention on the future that is ahead instead of the distractions, disappointments, and delays. Additionally, the obstacles that came my way will exert a purpose far superior than the eye can imagine. Secondly, **Refocus** will ignite the tenacity in me to enlarge my surroundings and nosedive onward in the things I know I am ordained to complete.

"The successful warrior is the average man, with laser focus." ~ Bruce Lee

Another area of the assessment, **Reprioritize** will allow me to establish a level of importance to everything that needs to be completed. In the hustle and bustle of life everything is rushed. Everything is required now. Reprioritize will assist me in aligning what processes are immediate, future, or may be not important at all. I am resolved to the fact I have 24 hours in a day and it is up to me to utilize my time wisely.

Reprioritize



Rejuvenate

The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and starting on the first one. ~ - Mark Twain

Lastly, **Rejuvenate** will create the atmosphere for the total me to be invigorated. It is so important to understand that I can only be effective if I am at my best. Sleepless nights, improper exercise, poor eating habits, and fatigue is a sure way to create a downward spiral. So acknowledging that I need time to rejuvenate will prevent me from ultimately having a meltdown.

I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently. ~ Ernest Hemingway

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Grassroots Consulting, Inc.



www.gcifl.com

Post Office Box 17463
West Palm Beach, Florida 33416

www.gcifl.com

Phone: 561.385.4657 / Fax: 561.881.4530

♦ Email: growcommunities@aol.com

A Thousand Marbles



The older I get, the more I enjoy Saturday mornings. Perhaps it is the quiet solitude that comes with being the first to rise, or maybe it's the unbounded joy of not having to be at work. Either way, the first few hours of a Saturday morning are most enjoyable.

A few weeks ago, I was shuffling toward the basement shack with a steaming cup of coffee in one hand and the morning paper in the other. What began as a typical Saturday morning, turned into one of those lessons that life seems to hand you from time to time. Let me tell you about it. I turned the dial up into the phone portion of the band on my ham radio in order to listen to a Saturday morning swap net.

Along the way, I came across an older sounding chap, with a tremendous signal and a golden voice. You know the kind; he sounded like he should be in the broadcasting business. He was telling whomever he was talking with something about "a thousand marbles." I was intrigued and stopped to listen to what he had to say. "Well, Tom, it sure sounds like you're busy with your job. I'm sure they pay you well but it's a shame you have to be away from home and your family so much. Hard to believe a young fellow should have to work sixty or seventy hours a week to make ends meet. Too bad you missed your daughter's dance recital." He continued, "Let me tell you something Tom, something that has helped me keep a good perspective on my own priorities." And that's when he began to explain his theory of a "thousand marbles."

"You see, I sat down one day and did a little arithmetic. The average person lives about seventy-five years. I know, some live more and some live less, but on average, folks live about seventy-five years. Now then, I multiplied 75 times 52 and I came up with 3900, which is the number of Saturdays that the average person has in their entire lifetime." "No, stick with me, Tom, I'm getting to the important part." "It took me until I was fifty-five years old to think about all this in any detail"; he went on, "and by that time I had lived through over twenty-eight hundred Saturdays. I got to thinking that if I lived to be seventy-five, I only had about a thousand of them left to enjoy." "So I went to a toy store and bought every single marble they had. I ended up having to visit three toy stores to round up 1000 marbles. I took them home and put them inside of a large, clear plastic container right here in the sack next to my gear. Every Saturday since then, I have taken one marble out and thrown it away." "I found that by watching the marbles diminish, I focus more on the really important things in life." There is nothing like watching your time here on this earth run out to help get your priorities straight."

"Now let me tell you one last thing before I sign-off with you and take my lovely wife out for breakfast. This morning, I took the very last marble out of the container. I figure that if I make it until next Saturday then I have been given a little extra time. And the one thing we can all use is a little more time." "It was nice to meet you Tom, I hope you spend more time with your family, and I hope to meet you again here on the band. 75 year Old Man, this is K9NZQ, clear and going QRT, good morning!"

You could have heard a pin drop on the band when this fellow signed off. I guess he gave us all a lot to think about. I had planned to work on the antenna that morning, and then I was going to meet up with a few hams to work on the next club newsletter. Instead, I went upstairs and woke my wife up with a kiss. "C'mon honey, I'm taking you and the kids to breakfast." "What brought this on?" she asked with a smile. "Oh, nothing special, it's just been a long time since we spent Saturday together with the kids. Hey, can we stop at a toy store while we're out? I need to buy some marbles.

~AUTHOR UNKNOWN

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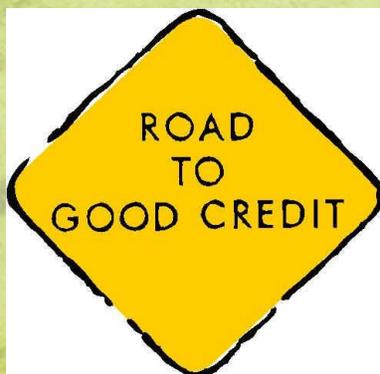
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Shandra Stringer is the embodiment of someone who works at the grassroots level to make a difference with individuals and organizations. Her energized workshops will invigorate the passive, ignite the fruitless, and challenge the ordinary to become a master of the extraordinary.

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