



How do I know what I should do!???

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GOOD MORNING!!!!

(make sure you read til the end and learn why you need to touch someone today to stay healthy!)

A client who is a high school junior said to me this week, *"how do I know what I am supposed to do? When I think of college, it confuses me because I don't know where to go or what I want to do when I am done. How do I find out what I should do with my life? I just don't know!"*

Deciding what you want is the easy part. I'll explain in a minute.

I spoke to a group of 200 people recently in St. Louis and asked them to fill out a brief questionnaire which included the question: *'Do you know what you want in life?'* Out of almost 200 respondents 64% (around 130) answered no. They did not know what they even wanted!! It's their lives and they have NO idea what they want!?? How could that be?

Well, there are several reasons but generally it's because they are continually reacting to their surroundings instead of giving pure thought to what they would like; they repeatedly think about what they **HAVE** to do and what society thinks they **should** do. They conform to their surroundings instead of creating their surroundings. There is WAY more to it than that but I think you get the point.

So how do WE decide what WE want to do? Again, that's the easy part because you are already doing it, every moment of your life!

Every day since you were born, you have collected data and decided what you like and what you don't like. Foods, clothes, cars, colors, movies, school subjects, cell phones, PEOPLE etc, etc. You make decisions every day on what you like and don't like and your entire life is a result of your creations. Yep, you have created every single bit of it. There are no accidents, there is no luck. Everything is created by you.

In simplest terms, you decided where you were going to work, who you would marry, where your children go to school, what you would wear today, what you would eat for breakfast etc, etc. So, good or bad, you created it all and still do every minute of every day. You have been collecting data on what you like and dislike since birth and will do so forever. Problem is, most people don't think they can turn what they truly enjoy

doing into a career or earning money. When in fact just the opposite is true and very successful people have known this fact for centuries.

Ask yourself, are you spending your life doing what you want; what you love? If not, then why not start today?

So my answer to the high school junior was simple: Continue to collect data and document that data. Write down everything you like as you go through your day(s). What really gets you going? What do you do absolutely LOVE to do? (get your minds out of the gutter!)

Be very aware of what you like and what you don't like. Then follow what feels good and be that person who knows exactly where they're going. You don't need all the answers now, the answers will be shown to you when you need them. For now, be aware of what you like, be open to receiving the knowledge you need, and follow what **feels good**. It will be shown to you, I promise. Be that person who is happy because everything is unfolding perfectly and remember, eternity is a very long time so relax and enjoy the journey.

If you are interested in a private one-on-one session or would like to set something up for your group to go into detail on the above information, send me an email or call 1-866-481-6622.

Have a great day, a great weekend, collect that data and remember to always keep your eye on the prize!

Love,

Coach Mike

No Limits!

"Changing the World, One Kid at a Time"

p.s. The new No Limits! Website is close to being completed!! We will also launch the 8 week program for kids we spoke about a few weeks ago. It's coming but will only be open to the first 100 students. One hour a week, eight weeks, for only \$79.00 and it will also be available to download to your mp3 player!!

(Please do not contact me to sign up yet, it will be available in the very near future). Stay tuned for details!!

P.s.s. Did you hear that popular cholesterol medicine Vytorin doesn't do anything to aid against heart disease? Hahaha—how would you like to slap all of the doctors who have promoted this crap for the past 4-5 years. Well, don't slap them, just be aware!!! I mean look at The French. They smoke, drink, eat fatty foods including cheese and rich sauces yet they have over 40% fewer cases of heart disease than Americans. And the French couldn't spell stair stepper if you spotted them the stair, yet Americans live in gyms and sweat but we are among the most obese countries in the world. And for years France has been known for the thinnest people in the western world!

Huh?

Every speak to a Frenchman? Pretty comfortable, stress free, very confident and pretty relaxed aren't they. CBS News coined the term 'the French Paradox' in 1991 and many have studied the foods they eat, they way they eat and so on. As always, we will look at the mind.

California Cardiologist, Dr. Dean Ornish, M.D., is an expert in reversing heart disease and has linked the amount of stress in people's lives to heart disease. In his book, Reversing Heart Disease, Dr. Ornish says stress may be the most important ultimate cause of heart disease and that many other physical manifestations, including high cholesterol and hypertension, may result from stress.

Dr. Ornish believe's it is crucial to reduce stress, and also feels isolation leads to stress. He believes anything that leads to intimacy and feelings of connection can be healing. He also believes people should meditate and should enjoy the "touchy-feely" aspects of relationships.

So, the bottom line is to be happy, let go of the little crap that keeps filling your mind, and go out and touch as many people as possible today.

You might want to check with them before touching and slapping a doctor who prescribed Vytorin doesn't count.