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The Positive Perspective

ENTHUSIASTIC ENCOURAGEMENT FOR POSITIVE ACTION.

"If the goal is worth the reward, be prepared to take the steps necessary to get there."

- Bob Brumm

Feed

I wanted to ask this question, what are you feeding yourself?

I have been thinking about this and researching scenarios and acting on some of the information I have been reading to improve what I am feeding myself.

I have found several things that will improve my physical and mental health that I am implementing.

However, what are people doing to feed your mind? Are you listening to inspirational, improvement oriented material throughout the day? What do most people do when they get home from the "hard day"? Sit in front of the TV and "veg".. What advantage does "vegging" offer?

Perhaps people are very conscious of what they eat and they will eat their celery sticks in front of the TV. While filling their body with some nourishment, they starve and corrupt their mind with the negative news, human disregard and

unproductive drama that many television programs offer.

Now I know I may not be normal as I have a hard time sitting still. I don't like watching TV as it bores me. I keep thinking about what else can I do to be more productive, get something else done. That may mean cutting the grass, trimming bushes, planning an event, or newsletter. Something to build on the innate skills our creator has given me that will benefit this world.

What do we feed our minds that will show our great abilities? Can we do better to improve our minds that will give us the gusto to show the world what we know, have experienced and can offer others to improve as well?

If we are so critical about the food we eat, why not be critical about what we feed our minds?

Feed your mind as well as your body.

How Can I Serve You?



Growing Ourselves & Others

How are you growing yourself? This month I am reading "Memory Rescue" by Daniel Amen, MD. This book looks at things that can affect your memory and shows brain scans of those affects and solutions to improve and prolong memory.

As I grow, I want to remind you; if you're looking for Enthusiastic Encouragement for an upcoming event, (Commencements, Corporate Conferences, staff development, PTA, Team Meetings, or professional coaching), **contact me at info@bobbrumm.com** Facebook, LinkedIn, Twitter or **www.bobbrumm.com**. I am always willing to "Inspire Audacity".

Action

An article from the thoughts of
Bob Brumm

I hope you enjoyed the last article **Reality**.

This month I want to write about "Action".

Results come from action. So what actions are you taking that will give you results? Now I know there are actions that will give "bad" results. I want to stay positive so let's focus on the positive actions to get positive results. These actions will be hard at first because it is different from what we currently do and may cause some pain. Kind of like working out. If you have not worked out, walked or done physical exercise in a while, after the first time your body will "tell" you that it doesn't like that activity. However, will you listen to that or look further down the path to see the results you want that result from the action you took on a consistent basis?

The key is to start the action, and continue that path to get the good results you want. In baseball, when a base runner want to steal second base, the player does not stop half way between first and second. They commit to the action necessary to accomplish stealing the base to get advanced on the bases.

With exercise, the same idea comes into play. Continue to do the actions necessary to get the results you want on a

consistent basis. The weight you want to lose, or the shape you want to be in does not happen without action. Action to do an activity consistently.

The other part of this scenario is not only the physical action but the mental action as well. Mel Robbins wrote a great book about this "The 5 Second Rule". The premise is to overcome your mental attitude that will start to talk you out of doing something before you start. To do that you need to beat those thoughts in your mind within 5 seconds.

If your "wake up tone" goes off and you want to hit the snooze button, use the 5 second rule to get your butt out of bed and get your action going on the great day you get to experience.

Our thoughts can direct our actions and we need to consider our thoughts as well as our actions.

Our society can seem to be a procrastination nation. "I'll get to that later, tomorrow" etc. That procrastination is an action. Not a good one but an action none the less.

There are times in my day that I fight the procrastination thoughts

that enter my head. I did that this morning regarding marketing my upcoming event. I almost gave into the procrastination to get something posted "later". However, when I looked at the value of getting that information out earlier, the potential got exciting.

Again, we need to look at the value of the action and what type of results will we get by taking that action. If we want to meet someone new, we need to go talk to the person, say hello, take an interest in them and who they are. Once you take that action, think of the possibilities of that action.

I did that with my wife 23 years ago. We talked over the phone about an hour the first time we "met" as I was traveling for work, then we met on a blind date. I focused on the possibilities of my actions. Not to mention back then I couldn't cyber-stalk her or google her. It turned out pretty good.

So, what action are you taking to get positive results? If the actions hurt at first, continue to focus on the possibilities of your actions.

HOW CAN I SERVE YOU?

ENCOURAGING WORDS:



"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

Rumi

"Instead of being disappointed where you are, think optimistically about where you are going."

Jon Gordon

"Education is an ornament in prosperity and refuge in adversity."

Aristotle

"Vision is not enough; it must be combined with venture. It is not enough to stare up the steps; we must step up the stairs."

Vaclav Havel

I encourage you to review my web site which includes:

- 6 Books
- Newsletters
- Speech videos, articles
- Previews of my books
- Testimonials from valued clients

If you are looking to energize your group with enthusiasm, I would love to be considered to speak at your upcoming events.

The Positive Perspective

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