



RiseZine

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Welcome to **RiseZine** my quarterly electronic magazine (ezine) that can help you solve problems in your business and your life. It is my desire to bring you inspiration from the experiences I gained during the twenty (20) years I spent as a Judge of the Denver County Court participating in the transformation of lives. I'm convinced that those experiences will heighten your knowledge, sensitivity and outlook on the issues you face in your business and your life. I am honored to share your precious time with you.

First, let me acknowledge and thank all those subscribers who responded so positively to last quarter's **RiseZine**. I had no idea that my journey would touch and inspire so many others to act. Not only did many readers relate heartwarming stories of their cancer survival, but also wives, sisters and significant others reported that they encouraged, demanded and even escorted their male partners to the doctor's office for prostate cancer testing. It is very rewarding to know that my experience may save a life. Here's a sample:

"Thanks for the sound advice; I will pass this along to all the guys I know."

"Thanks for sharing your inspirational story. This past month has been very challenging for me...Yet, I know my dreams are worth living for."

"My late good friend died of prostate cancer because he didn't do the checkups."

"I went through prostate cancer in 2005. You're right; it's all about having a positive attitude."

And finally, I received a humorous reply to the description of my “urge to disrobe every afternoon at 3:00pm after my 9 weeks of radiation treatment had ended... - ---“I will add 3 o'clock to my phone’s alarm; this way when it beeps I will close my eyes for thirty seconds.”

I appreciate all of your remarks and prayers!

Judge us by our DEEDS

We all have a responsibility to help each other as we share this planet. In the spirit of creating a sustaining a healthy environment through our **DEEDS**, this quarter’s *RiseZine* subject came from the question I was often asked as a trial court judge, “How did I feel about judging people?” My response was always the same because I didn’t judge people, I judged conduct or deeds. “I make no judgment about who you are. I make judgments about what you did.” Webster defines deeds as an act or achievement; something that is done, performed or accomplished. Your deeds are usually illustrative of your intentions.

I like acrostics (a series of lines wherein the first letter forms the word or message) and “**DEED**” is my 2010 acrostic. When I thought about an idea I wanted to share for the beginning of a new decade, I chose this word because in 2010 it is not enough to be, we must do! **D E E D**

D iet

E xercise

E nthusiasm

D iscipline

Diet

What you eat, consume or take in; diet also includes listening, relationships and locations. This is not a commercial for Weightwatchers, Jenny Craig or Slim fast.

This **Diet** is about all the senses; the sights, sounds and feelings you take in and how that affects your life. Do you ever wonder why so many people are connecting on Face book, MySpace, Twitter and LinkedIn? These sites are proliferating with millions of members. People are trying to find a community where they can consume “dialogue that feeds their emotional needs”. They are seeking relationships that can fulfill their innate desire to be part of a group. The online community provides an environment where you can play out your life virtually, without face-to-face connection. I majored in Sociology as an undergraduate in college. (That may explain my affinity for behavioral issues.) A fundamental principle of Sociology is that an aggregate of people combined or confined in the same place is not a group until there is glue that binds them together. The people I put in jail may have been confined in the same place, but they were not a group. They may have been bound to one another in handcuffs as they were transported from the courtroom to the jail, but that wasn’t sufficient to make them a group. Just as people are trying to connect and find answers to the issues they face in their work and life through social networking and “Peer Groups”, they are seeking a “glue” to connect them to all they desire from their environment. They will be disappointed if they are not taking in the right diet, a positive atmosphere. We are affected by toxicity in our workplace, our neighborhoods and even our homes lest we bring positivity into those environments. Make the glue in your relationships, ergo your diet, positive food for positive action. Accept nothing less. That’s a **Diet** that will nurture you and those you care about.

Exercise

Physical movement; lifting life’s weights; expanding your mind. Rather than a focus on physical fitness, the exercise to which I refer was inspired by the story of the father who always asked his children at the end of each day, “What did you learn today?” And this habit was said to be very significant in the children’s positive approach to life and their lifelong learning. **Exercise** is what you do to maximize the learning that comes to you every day, for free. These are the tools that help you lift life’s weights every day. Exercise may, of course, be the physical

type we traditionally associate with the word; but, it may also be a new idea you teach to someone else. How will that new idea change you now that you have learned it and taught it to someone else? What value will you put on it? You have added this new idea as a strength that empowers you to do even more and takes you that much closer to being your ideal self. With this kind of **Exercise** you can do more for yourself and others.

Enthusiasm

Passion, strive to improve; proper rest/activity balance. The foundation of this tool is that you will be successful and happy at work and home if your work is built on your passions, the **Enthusiasm** that energizes you to take action. In life, there are entrance criteria for qualification; versus, excellence criteria for superior performance. Although you must be smart enough to enter the contest in life; it will be your passion, the desire to practice deliberately to attain the skills, abilities and knowledge to perform at the highest level that will equip you to fulfill your destiny. Malcolm Gladwell wrote of the 10,000 hour rule in his bestselling book Outliers, “There are no shortcuts; you need to put in a certain number of repetitions to become an expert...” Only passion for what you are doing will spur you on to achieve extraordinary success and provide a product or service worthy of applause. What keeps you running like the “Every Ready Bunny”? **Enthusiasm!**

Discipline

Hard work; character; dedication to your goal; When we close the escape door and make the decision to “do” whatever it takes to accomplish our objectives, we will accept no other outcome but success. As Dale Carnegie said, “Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.”

Once you know that your life goals are in your hands then your positive attitude toward the effort you put forth will be the motivator that propels you into the next dimension where your work seems effortless and the rewards amazing. I’ll never forget the television picture of that Haitian teenager being pulled from the

rubble after the earthquake having survived for **15 days**. What control and **Discipline** she must have had over her mind to maintain her will to live. That young lady evidences the character that cannot be defeated; can you imagine how she will face other challenges in her life? When you know you can't be defeated, you awaken with a spring in your step and a smile on your face anticipating the opportunities you will attract by your dedication to your goal. Others will see your persistence and be inspired to adopt your model of behavior. You will become a beacon of light for others.

How will your DEEDS be judged?

“Champions don't become champions when they win the event; but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship **character**.” T. Alan Armstrong.

Can't your organization use a healthy infusion of inspiration, motivation or training in Leadership, Decision-making, Communication, Ethics or Team-Building? I can provide a keynote, workshop, seminar or individual coaching tailored to meet your needs and help you and your team **RISE**. Email Beau@PleaseRise.com.

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“Actually, it's not that most people don't have much and they just want a little; It's that they have it all and they just want a little.” -Anonymous

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