

LIFE AND TIMES

“The Business of Living.. Work, Play, Style!”

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Who Says?

“I don’t worry about how others feel. I just worry about me skating the best that I can.”

– **Shani Davis**
Olympic Skater

“Whether you call it Buddhism or another religion, self-discipline [with awareness of consequences], that’s important.”

– **Dalai Lama**
on FOXNews.com

“There’s nothing like a press conference. Many use this forum to set the record straight. Others use it to find grace. An interview every now and then could be good for the soul. For John Edwards that might not be necessary. His soul and private parts have already been exposed.

Many are learning there’s something about the truth that sets you free. Edwards has not been seen much publicly. While South Carolina Governor Mark Sanford holds on to his professional life after being divorced by his wife. Then here comes Tiger Woods, Tavis Smiley and Toyota.

Commentary

Something About The Truth That Sets People Free!

Woods made a prepared statement to the public recently. Some are mad that he first lied about his affairs. You’ll find others who’re mad because he cheated. Then there are those who’re mad because of how he controlled the media during his recent confession. Woods wants to start over.

Just in time for the closing of Black History month came the blowout between Rev. Al Sharpton and Tavis Smiley. Sharpton took offense to Smiley’s insistence that President Obama needs to advance a “Black America Agenda.” Is this about a Black Agenda or a personal vendetta?

The President of Toyota Motor Company found himself in the “hot seat” as well. He appeared in Washington to answer questions about recent auto recalls. His view was that the company grew too big, too fast. This caused them to lose focus on quality. Toyota wants to make things right.

Woods has suspended his game until he cleans up his name. The Sharpton and Smiley feud shows that sometimes Black-on-Black truth can be a tough pill to swallow. Meantime, Toyota is experiencing a break in trust. If these individuals handle their situations well, they could all be winners again.

Today’s Trends

From Pill To Therapy.

“What’s your malfunction (WYM)!” Can you remember as a child saying those words to someone? Maybe something made you mad. Sometimes it would be said when someone was getting upside your head. Nowadays it might be said by a Doctor or Therapist.

Not in those exact words ofcourse. Who heard of

erectile dysfunction back in the day? Noone from my side of the tracks. For those who can’t get it up or keep it straight. Now there’s a pill to fix that ill. Marvin Gaye sang about sexual healing. Not sure though if that’s what he was talking.

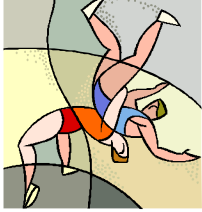
Now there’s talk of sexual



addiction. These are people who don’t stop because they can’t get enough. Woods is seeking therapy. Some experts say it’s not a matter of addiction, but more like an obsession. Call it what you may. But Robin Thicke is recommending sex therapy. Seems like WYM has now become WTF (What’s the Fuss)!

Soul Food

WrestleMania Comes To Town!



Fans are gearing up for WrestleMania XXVI. It's the flagship event of the World Wrestling Entertainment (WWE). The brainchild of Vince McMahon, the WWE was formerly known as World Wrestling Federation (WWF). The name-change helped improve pro wrestling's image and marketability.

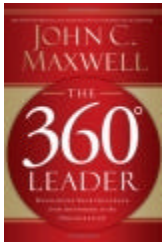
WWE has seen the rise to stardom of wrestlers like *Mr. T*, *Hulk Hogan* and *The Rock*. It's also become a franchise

pay-per-view event. Some outsiders see it as all fake fighting. That's something others in history have thought before.

The Old Testament story of Jacob comes to mind. He had a name change as well, going from Jacob to Israel. It happened as a result of him wrestling with God. However, that's not unique to his time. Even today, humans still wrestle with God for clarity. People want to know what God wants them to know.

They want to do what God wants them to do, and achieve their divine potential.

Like the WWE, sometimes the wrestling is with our fellow man. We're striving for opportunity that gives us credibility. Jay Leno and Conan O'Brien have personal experience. Then there's the internal wrestling from personal insecurities. Maybe when WrestleMania comes to town, it connects with people in more revealing and freeing ways.



"Good leaders understand the dynamics of gaining influence. It's a matter of disposition more than organizational position."

- John C. Maxwell,
360DegreeLeader.com

Notes & Quotes (Editorial review of the book)

The 360 Degree Leader. By John C. Maxwell

How is effective leadership developed? People follow leaders and learn from their example. But the 360 degree leader puts into practice what's learned from interacting up, down and across the organization. They understand five levels of leadership, from bottom to top.

Position. Influence is based on positional authority.

People follow because they have to more so than because they choose to.

Permission. Influence is based on relationship. This makes working together a bit more fun. People follow because they want to.

Production. Influence is based on results. People follow based on a track record of success. This

gives momentum to group effort.

People. Influence is based on how you help others grow. People follow because of what's done for them whether personally or professionally.

Personhood. Influence is based on respect. People follow those for what they represent or who appear larger than life.

Career Trac

Act Like A S.T.A.R. And Go Far. (Blog series at JoetoCEO.com)

Make a new career start. Tiger Woods is calling on his Buddhist faith, as well as family and friends. His spirit has been broken and attitude shaken. He's no longer treated by media as a prized token.

Hopes and dreams suspended, until his personal life is mended. You have to

go through something for success to be appreciated. Don't get hung up on emotion. Focus on attitude. Avoid taking things personal, but growing personally.

There's enough to go around under the rising sun. A scarcity mentality limits your ability. An abundance mentality is much better for notoriety. Join the legends and stars.

Who overcame chasing women with *bling bling* and nice cars.

How does attitude get out of hand? Usually it's from a false sense of superiority. Rules don't apply. No one can stop you. Fame and fortune makes you exempt. You think you've got it made. Life's good in the shade.

Cont'd on pg. 4.



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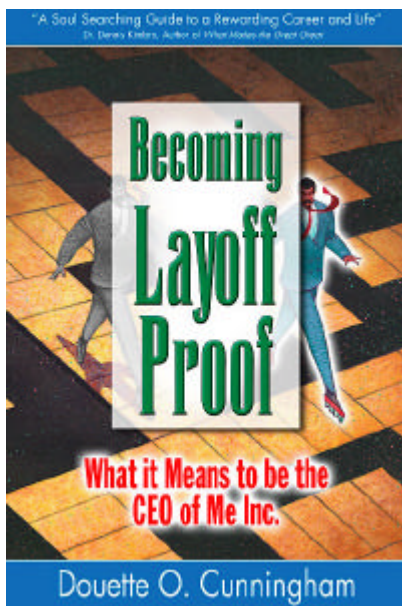
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ALL WORK AND ALL PLAY MAKE FOR FULFILLMENT ON PAYDAY.

Written in a friendly, conversational tone, it builds upon the premise that your career will rise to new heights once you begin to see yourself as the "CEO of Me Inc."



This will position you to:

1. Recognize the "Handwriting on the Wall."
2. Ready yourself for new opportunities.
3. "Raise the bar" on your skills and abilities.
4. Release a new sense of purpose and passion in your life.

"This book is a must read for all those who are serious about avoiding the pitfalls of corporate life or climbing one's own ladder of success." George C. Fraser, Author, Success Runs In Our Race



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LIFE AND TIMES

Publisher's Points

From the Superbowl to the NCAA finals, teams show what it takes to win. You've got to show-up for practice. You've got to suit-up for the game. Then when things are on the line you've got to step-up to the moment. Becoming your best is an ongoing struggle. That's why when people reach the top, they look back knowing they did a lot of growing.

This issue is a reminder of:

1. How teams make a championship run.
2. What celebs do when they're under the gun.
3. Why living your dreams provides more fun.



As always, we welcome your feedback and look forward to celebrating your victories!

Regards,

Douette 'Doc' Cunningham
Author/Speaker, Blogger, Dreampreneur.
www.PurposefulLivingVentures.com

Career Trac-ST.A.R., Cont'd from pg 2

Success needs balance. This means personal and professional, spiritual and material. Sometimes people get lost. Then put back on track. Set your life in order. Clear the air. Face your fear. Be the best year after year. Take the next step to victory. Make a leap into history.

Sports Page—Life Lessons from the Playing Fields!

What It Takes To Win!

March Madness is in the air. As College programs gear up for their championship run. The arenas will be filled with screaming fans. The die-hards have been following their favorite teams from day one. The selection committee announces 64 teams that can win on any given day.

So what does it take to win it all? Some point to coaching. This is where much of the game planning occurs. Others are big on scouting. This means attracting the right players suited for a team's style of play. Maybe it's more about bonding. How the entire organization works as a unit. These

important factors come together to produce winners who demonstrate:

Vision – This means seeing what's not readily apparent. A basketball point guard with vision sees the play develop, even before it's fully developed. A coach with vision sees a player's potential, even before it's fully honed. Vision is foresight and mind-sight and insight.

Skill – Something you work on mastering. You get better at it as you work harder on it. This then becomes matured know-how. Raw talent gets turned into skill. You apply more control and directed execution. Every player has talent. But not everyone has skill to score

points.

Motivation – The great players take initiative. Their desire feeds their fire. They practice more than the average guy or gal. They find ways to lead with their passion for the game. You don't have to be better all the time. You just have to be willing to make the time to be better.

Will – When setback strikes, comeback is not too far behind. That's only if there's the will to prevail. Many teams go into a game being the odds-on favorite. They're expected to win. Whether it's because of the team's record or current player roster. But the champions win it all because of their dogged determination.

