

Turbo Leadership Systems™

The **TURBO** **Charger**

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To our clients and friends

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Shake It Off



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*Love life;
it loves you
back!*

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth the effort or expense to try and retrieve the old donkey.

Sadly he invited all his neighbors to come over and help him fill in the well. They all grabbed a spade and began to shovel dirt into the well. At first, when the donkey realized what was happening, she cried out horribly. Then, to everyone's amazement, the old donkey quieted down. There wasn't a sound from down below.

A few shovel loads later, the farmer finally looked down into the well to see what was going on. He was astonished at what he saw. With each shovel of dirt that hit the donkey's back, the old donkey was doing something amazing. She would vigorously shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the old donkey, she would just shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

We have all, at times in our lives, found ourselves feeling down. It could even feel like you are in a hole with no way out. And then, just when you need help, life seems to shovel more dirt on your back, all kinds of dirt. The trick to getting out of any hole we may be in is to shake it off and take a step up. Each of our troubles which look like roadblocks can be, if we choose, steppingstones. We can get out of the deepest holes by not stopping, never giving in or giving up! Shake off the criticism of others and your own self-doubt and fear. The key

is to keep moving one step at a time - take a step up.

Remember these nine simple rules to being happy:

- 1 Develop a deep appreciation for all of your blessings; your sunrises, sunsets, every breath, your breath. Never give into taking your blessings for granted.
- 2 Free your heart from hatred. Release grudges and prejudices. Forgiveness is not for others, it is for you.
- 3 Free your mind from worries. Most of the things we worry about never happen.
- 4 Develop the habit of doing the extra mile. Give more than you take every time, all the time.
- 5 Expect ingratitude; don't expect others to appreciate you for who you are or what you do.
- 6 Leave the past behind. Free yourself from the past. Clear up those cobwebs that bring nothing but gloom into your life.
- 7 Get excited. The excitement you get in life depends upon how excited you are to live it. Always expect nothing less than the very best!
- 8 Give it to get it. The most important things in life operate by the law of Cause and Effect. Love, happiness, understanding, compassion, and even money - you must give them away first before you can receive them.
- 9 Have a sense of humor. Cry and you cry alone, laugh and the world laughs with you! Keep your sense of humor.

This is the path to peace of mind.

Have you watched "Did You Know"?
www.turbols.com/did_you_know.html

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