



Developing the Mindset to Navigate Life's Turns

Since the release of *Enjoy The Ride* in 2005, I have written two more best-selling books, *Making a Difference* and *Hide Your Goat*. This now feels to me like the perfect

time to write a sequel to *Enjoy The Ride*.

This month's newsletter launches a seven-part series that will offer a glimpse into my new book, which will be released in early 2015. *DETOUR* will show you how to continue enjoying the ride by developing the mindset necessary to handle the turns in life that make us stronger.

Introduction

Imagine you are shot down over enemy territory, captured and kept in the dark for five and a half years as a prisoner of war. Visualize going that long without seeing a sunrise, sunset or the stars at night. What would you do if you were locked behind concrete walls and steel bars, yearning for your freedom? Whereas, you would experience long periods of reflection, your physical body wouldn't be the only part of your imprisonment. Your mind would be in repression and in constant danger of adopting an unhealthy outlook. While all of the accounts I have read regarding American POWs describe the horrors of confinement, most also address the resilient mindset necessarily developed to maintain a positive outlook in spite of circumstances.

In this lifetime, you will undoubtedly never experience the ordeal of being a POW, but chances are you will experience the suppression that simply comes with the human experience. We survive by coping, thriving and assuming a mindset that provides emotional balance. No one grows up in a perfect home with perfect parents, teachers, coaches, bosses and friends. Along the way, we all become disappointed, disillusioned or hurt in some way. The key is to gain strength from hardship and exploit it as a gift. Regrettably, though, even learning from our setbacks can trigger a downside by causing us to overcompensate.

I grew up in a lower middle class family, where we were conditioned to believe that working in a blue-collar job was an inevitable part of growing up in western Pennsylvania. You worked hard and made enough money to put a roof over your head and, with any luck, paid all your monthly bills. The majority of people I knew had this mindset and, much to my surprise, accepted it without issue. I was determined to escape from this thinking. I worked two jobs to put myself through college and worked even harder after I graduated. The downside is that I overcorrected to achieve this mindset and developed into a workaholic, severely impacting relationships with family, friends and my inner self.

We all make choices that force us to change direction. One day you're driving down a four-lane interstate with no traffic, the next you're on a two-lane road in bumper-to-bumper traffic during a blinding rainstorm. When you take wrong turns in life, you can't play the victim and relish in the role. You have to make a conscious effort to rewrite your story and steer yourself back on track, which takes discipline and courage. Laziness or miscalculation can have dire consequences on your home and work life.

In the previous decades in American culture, an emphasis was placed on character -- our kindness, gentleness, serving spirit and concern for people here and around the world. These were nonnegotiable for success in business and life. I feel we've changed. As the late Stephen Covey once stated, "We now place a greater emphasis on what we produce externally versus who we are internally. When the emphasis is put on what we can produce externally, we become people manipulators, motivated by goals and objectives set by others instead of those rooted in the values of our character."

To face the detours of life, get back to character and develop a mindset to live from the inside out. Be authentically successful by aligning your inner, private life and outer, public life with the same principles. Sadly, some of our nation's leaders and our most beloved professional athletes defend their inconsistent lifestyles by trying to convince us that what they do in their private lives should have no bearing on their performance at work or our perception of them. Don't buy into such hypocrisy! As you drive down the road and encounter unforeseen obstacles, turns and even dead ends, remain true to your core, and you'll be better equipped to navigate such challenges.

I promise this seven-part series will be informative and practical and provide a preview of what it takes to achieve a successful balance. The objective of ***Detour*** is to show you how to expand on the concepts of *Enjoy The Ride* by creating a more meaningful and fulfilling life.

EVENT SPOTLIGHT



On May 24, 2014, Steve traveled to the Cayman Islands. There, he delivered his popular keynote **Making a Difference** at the Cayman Islands Society of Human Resource Professionals Top Employers Awards Dinner.



Ovations...



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Steve,

Thank you for speaking at the ABA CFO Exchange conference last month in New Orleans. Yours is the highest evaluation score we have ever had at this conference.

From the very beginning of my contact with you and your team, I was so pleased with the professionalism and responsiveness to our needs. I would not hesitate to recommend you as a speaker to any type of group or event. The laughter and big smiles were much needed in a stern business conference setting. The fact that you ran out of books to sign and sell due to the overwhelming response shows how much this group appreciated you.

We appreciate your support and we value your participation. ABA would not be able to offer this quality level of content without you. *Hide Your Goat* was a great fit, and your material was very responsive to their needs.

Thank you for contributing to the success of this event. I look forward to working with you again and have recommended you to my colleagues at ABA for other events. See from these great comments that you brought much joy to this crowd.

Comments:

- "Absolutely phenomenal; amazing speaker"
- "Great presentation"
- "Very enjoyable and motivating"
- "Would love to hear him again"
- "Best speaker yet, great reminder of making sure you do what's important"
- "Could listen to him for hours, very entertaining and relevant"
- "Glad to have heard Steve speak"
- "Priceless"
- "Very upbeat"
- "Woto"
- "You had me at 'Steelers'"

Sincerely,

Susan Bonney

Senior Director, Community Banking
American Bankers Association
1120 Connecticut Avenue, NW
Washington, DC 20036

LOOKING AHEAD...

Steve's August 2014 Schedule

- August 2 Durham, NC
- August 4 Durant, OK
- August 5 La Joya, TX
- August 6 Miami, FL
- August 7 Perrysburg, OH
- August 7 Clinton, NC
- August 9 Pinehurst, NC
- August 11 Tahlequah, OK
- August 14 Fredericksburg, TX
- August 20 Krum, TX
- August 21 Atlanta, GA*
- August 28 Holland, MI

*2 events

Catch Steve Daily on
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Laugh USA &
Blue Collar Radio



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Steve Gilliland, Inc. | P. O. Box 1600 | Mocksville | NC | 27028