

In the movie *The Bucket List*, blue-collar mechanic Carter Chambers (Morgan Freeman) and billionaire hospital magnate Edward Cole (Jack Nicholson) meet for the first time after both have been diagnosed with terminal lung cancer. Carter begins writing a bucket list -- things to do before he actually kicks the bucket. Edward urges Carter to do everything on that list and even adds to it. Since the movie's release, numerous people have adopted the "That's on my bucket list" terminology. There are even websites devoted entirely to the subject. Writing a book, getting a tattoo, witnessing the northern lights, learning to play the guitar, mastering Japanese, skydiving and swimming with dolphins are typical activities people wish they could accomplish before dying.

What if we were to create a "fill my glass" list instead, one that focuses on achieving personal satisfaction with our everyday lives instead of a pre-death checklist? We expose our goats to possible incarceration when our center of attention is on our wants, fantasies and wishes instead of on our needs. A *need* is imperative if you want to be your best. Sometimes it helps to identify needs by thinking about times when you are angry, upset or doing something you're not particularly proud of (i.e., procrastinating). What is it that causes you to feel certain ways or do certain things? Look deep and you're likely to find a need. To hide your goat, you must teach it new tricks. You must identify your needs, why they are important to you and what are you doing to meet them. While making a wish list allows you to dream about possibilities, it can obscure the basic needs necessary for a more fulfilled life. Whether you consider your glass to be half full or half empty depends on your point of view: are you pouring or drinking? We are inclined to approach life in very similar way. We know there are things we *need* to do (pouring), but we focus more on the *wants* (drinking) because it is seemingly more



gratifying.

If we repeatedly ignore areas of our life we need to change, we are defenseless against feelings that coincide with those unmet needs and see the glass as half empty. We all have contradictory (pouring or drinking) needs. For some, they are the need to be accepted, cared for, acknowledged and comfortable. For others, they are the need to be free, in control and right. Whatever our needs, listing them is crucial to our understanding of what sometimes causes our goats to get loose and even attack others. Until we recognize our negative needs (old goat) and change our behavior (teach them new tricks), we will always be predisposed to people and circumstances that can get our goat. While there is nothing wrong with wanting to be accepted, you must determine why that is so important to you. Is it to be respected -- or to be popular? Do you need comfort because it allows you to indulge -- or does it facilitate your ability to serve others? Do you need power in order to be noticed -- or will it enable you to influence other people in a positive way?

To teach an old goat new tricks, start by listing your top seven all-time New Year's resolutions. For example:

- Lose weight
- Learn a new language
- Eat healthier
- Stop biting my nails
- Finish what I start
- Spend less time surfing the Internet
- Anything else that would make me feel better about myself

In his book *Become a Better You*, Pastor Joel Osteen says, "You can never change what you tolerate. As long as you accept it and accommodate it, you're going to stay right where you are."

If we don't change (teach an old goat a new trick), we don't grow. If we don't grow, people get our goat without even trying. If you don't have the power to change yourself, then don't expect your surroundings to change. When Albert Einstein said, "The definition of insanity is doing the same thing over and over and expecting different results," he was referring to people who are trying to fill a bucket full of holes. Forget your *bucket list* and start on your *needs list* -- what you need to change to make your everyday life more fulfilling and rewarding.

Here are just a few new tricks to teach your *old goat* to ensure it will stay hidden and not be the source of negativity.

- **Acquire the need to be happy, not right.** Several years ago, I met an elderly couple enjoying the breakfast buffet at a hotel in Seattle, Washington. I couldn't help but notice how attentive and servant-hearted the gentleman was toward his wife. With our tables in close proximity, I actually commented on his caring ways,

then asked him how long they'd been married. "65 wonderful years!" the man boldly answered. "What's the key to staying married that long?" I asked. His response was one for the ages: "Decide early on that you'd rather be happy than right." And when you're happy, it's harder for people to get your goat.

- **Stop telling it like it is.** I've heard people say, "Whether you like what they say or not, at least you know where they stand." Where they stand is in a position to hurt people with self-righteous proclamations that only serve to make themselves feel better. Remember, a closed mouth gathers no feet, and you will never regret your silence. People who criticize are guided by their own perspective, which is almost always devoid of the whole truth. Your mouth can be a powerful force of hope and encouragement -- words can either build up or tear down. Good often comes to people who talk positively in negative situations. Teaching an old goat this trick is not easy, particularly if you have the *need* to be heard, gossip or make a point. Consider that when you tell it like it is, you are really showing us more of *who you are* than *what it is*.
- **Slow down, sit down and shut down.** When you are physically run-down, short on sleep and your energy level is low, you tend to be more irritable, critical, defensive and negative. It is hard for you to get along with others and harder for them to coexist with you. Fatigue is the silent cancer of people's judgment and emotions. Even simple problems seem insurmountable. When you are tired, go to bed! Turn off the television, shut down the computer and silence your phone. Fatigue can cause you to make permanent decisions based on the stress of temporary circumstances. Take time to rest and renew so you have the energy necessary to hide your goat.
- **Free yourself from the skeptics.** A Western Union executive memo, written in 1876, read, "The telephone has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us." My favorite memo of all time is from the recording company executive who, in 1962, wrote, "Don't like their sound...guitar music is on the way out." Of course, after he rejected the Beatles, they went on to become the most successful musical group in history. Don't let others blow up your dreams. You will always encounter opposition from mediocre and closed-minded types. High achievers struggle against overwhelming obstacles in the face of sharp criticism, but they have the heart to pursue when others might quit. When people are hunting your goat -- armed with criticism, skepticism, ridicule and disbelief -- reach deep down into your bag of tricks and prevent them from poisoning your ambitions with self-doubt. The only thing worse than not



Up Next...

Feed Your Goat the Right Stuff

Part five of this series will consider what you should feed your goats to keep them healthy, happy and hidden. Just like we've been told for years, the

teaching your goat new tricks is allowing a skeptic to make you doubt yourself.

Checking off items on a bucket list filled with *wants* may provide immediate gratification, but knowing what you *need* to change -- and making those changes -- will instill long-term happiness, reduce your stress and foster contentment. How many times have you heard a person say, "Since I lost weight and started eating right, my life is so much better!" The sooner you start accomplishing items on your needs list (tricks), the closer you will be to then creating a bucket list (wants) without feeling guilty. More importantly, your goat will be easier to hide!

been told for years, the most important meal of the day really is breakfast, and part five will disclose the true breakfast of champions—as well as what we need to feed our goats throughout the day. Until next month, fill your glass with what you need before you make a bucket list of what you want.

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"Congratulations on your very well-deserved induction into the NSA Speaker Hall of Fame. I knew when I first met you that you were destined for greatness, and I am very happy for you. You have impacted many lives in a very positive way and have truly made a difference. Long before you were bestowed this great honor, you were positioned on my bookshelf with Covey, Tracy, Peale, Mandino, Waitley, Rohn, Nightingale, Canfield, Maxwell and the great Napoleon Hill. By the way, I would have never read any of their works if it wasn't for you."

**Michael R. Bartlett, SPHR
Chief Human Resources Officer (CHRO) & Vice President of HR
American Beverage Corporation**

Steve's Dec. 2012 Schedule

DECEMBER 2012

2	Orlando, FL
3	Asheville, NC
5	Orlando, FL
8	Dayton, OH
10	Chapel Hill, NC
12	Orlando, FL
14	Concord, NC
15	Fort Worth, TX



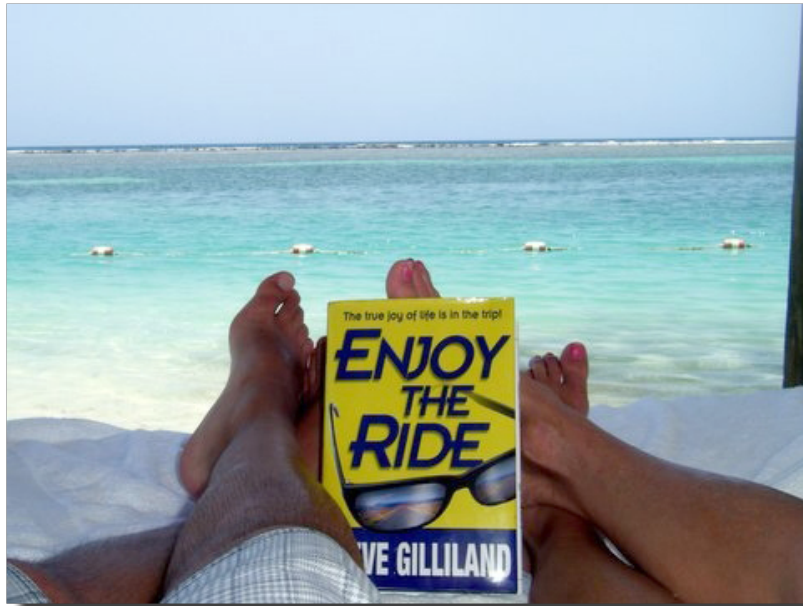
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Gary and Debby Smith *Enjoy The Ride™*
in a Cabana at the Sandals Royal
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