



The next time you stop into Starbucks for a caffeine breakfast, you may want to consider that the contents of a steaming mug won't hold you over till lunch break -- and even if you think it will, it isn't helping your body acquire the energy it needs or burn the calories it should! We've all heard that breakfast is considered the most important meal of the day, and for good reason. Food is fuel and energy for our bodies. Without it, we spend the day stumbling around in a fog and fighting off headaches and bad attitudes. Breakfast is literally just that, breaking the fast that your body is in from the night before. The consumption of breakfast increases the metabolic rate and kick-starts your body, telling it what to expect the rest of the day. Without food, your body won't process your next meal as quickly and will hoard those nutrients. Those who skip breakfast have a tendency to consume more food than usual and have a higher tendency to snack on high-calorie foods, which can lead to a number of weight control problems.

We're aware of the negative consequences of feeding our bodies unhealthy foods, but how many of us pay attention to the effects of what we're feeding our minds. "Garbage in, garbage out" is a direct reference to what we feed our minds -- and what we get in return. We can either feed it mental protein or mental candy. When we deprive our minds of useful and beneficial foods, we leave ourselves defenseless to people who hunt our goats. We



must have an appetite for the thoughts, language and beliefs that will allow us to live and

experience the lives we desire. It's imperative that we reprogram our minds with positive input. The most significant decision we can make every day is our choice of attitude, which becomes either our best friend or our worst enemy. What we feed our goats (minds) determines our attitude toward ourselves, toward other people and toward how we live.

Wake up and Relax (Your Mind)

The definition of *oxymoron* is a phrase in which two words of contradictory meaning are used together for special effect -- e.g., "wake up and relax." Syndicated columnist Sydney Harris once said, "The time to relax is when you don't have time for it." When you start your day by hitting the snooze button ten times and then rushing to get ready for work, you miss feeding your goat and deprive yourself of the energy essential to having a balanced day. Mornings can offer a quieter, more contemplative atmosphere. Take advantage of that by following poet William Blake's advice: "Think in the morning and act in the afternoon." Even if your job's more about cranking out than managing and contemplating, use the mornings where you're not on a tight deadline to think over problems, consider future challenges and give your tasks more mindful attention than they'll get once the rest of the world wakes up and interferes with your attention. The best part of waking up in the morning is, well, waking up. Count your blessings and relax.

The Breakfast of Champions

While breakfast may be the most important meal of the day, that meal needs to be balanced with protein, fiber, a little bit of healthy fat and some complex carbohydrates. Before the age of electronic gadgetry, I remember when the bookmobile would arrive in our neighborhood every week to serve those who didn't have transportation to the regional library. Because of the bookmobile, I spent many happy hours acquiring a desire for reading that continues today. Feed your goat the mental protein and fiber it needs by reading something inspirational and uplifting every morning. Start your day without email, Facebook or tweeting. Resist the temptation to read the newspaper or watch the news. Instead, spend a few minutes with a good book or periodical. Feed your mind with information and ideas that are uplifting and that make you feel happy and more confident about yourself and your world.

Choose an important task over checking your email. Whatever arrived in your inbox last night likely isn't as important as the most important thing you need to work on this morning. The way most of us handle our mornings, though, you wouldn't know it. If you want to look back on your morning and not feel like it disappeared, take control of your workday by prioritizing one task -- just one thing you really need to do -- and put off opening your inbox for one hour. Seems sacrilegious, yes, but what you accomplish will not only surprise you, but defrag your mental storage. Start your day by feeding your goat something that will stimulate your mental metabolism.

Take Your Daily Vitamins

When was the last time you supplemented your daily routine with activities that can enrich your outlook? Everyone needs diversity in their lives. Unfortunately, many of us reach a point of burnout that affects us mentally, physically and emotionally and can turn

positive attitudes into negative ones. When you aren't feeding your goat the right stuff, you begin to look at things in more negative terms, feel trapped and helpless, and are more easily fatigued. Here are some vitamin supplements to feed your goat:

- Read a book for fun
- Attend a play or concert
- Invite friends over for the evening
- Play with your children
- Take a two-week vacation
- Exercise ten minutes every day
- Drive with no destination in mind
- Take a class or lesson for enjoyment
- Take up a hobby
- Attend a social function

Beware of the Harmful Ingredients

Much of Americans' household food budget is spent on processed foods, the majority of which are filled with additives and stripped of nutrients. Dieticians suggest we avoid common ingredients in the foods we eat that pose the greatest risk to our health. Family conflict is a common "ingredient" that can pose a risk to our *mental* health by exposing our goats to others. But how do we avoid something that's long been a part of our everyday lives? We make a commitment to modify our behavior. However, keep in mind that change of any kind is an enormous challenge, let alone identifying the harmful *ingredients* we might have been fed early in life and trying to eradicate them from diets to which we've become accustomed. Change is up to each individual -- no one else, not even family. Waiting around for others to change only paralyzes us. Here are five common harmful *ingredients* we must acknowledge and remove from our diets.

- **Abandonment**

Fear of being left behind plagues many people. They feel left out, unimportant or simply forgotten. Abandonment experiences are in no way indictments of a child's innate goodness and value. Instead, they reveal the flawed thinking, false beliefs and impaired behaviors of those who hurt them. Still, the wounds strike deep within their young hearts and minds, and the very real pain can still be felt when they grow up. The causes of emotional injury need to be understood and accepted so they can heal. Until that occurs, the pain will stay with them, becoming a driving force in their adult lives. Work activities that include change -- such as promotions, layoffs, acquisitions, mergers, buyouts and even award banquets -- can seriously affect a negative employee who fears abandonment.

- **Control**

Some people see control as a major issue in their lives. Typically, they have either been dominated by overly strict parents or allowed to run wild with no parental supervision. The need to control is almost always fueled by anxiety -- though people who have a need for control seldom recognize their fears. At work, they may worry about failure. In relationships, they may worry about not having their needs met. To

keep this anxiety from overwhelming them, they try to control the people or things around them. They have a hard time with negotiation and compromise, and they can't stand imperfection. Needless to say, they are difficult to live with, work with and/or socialize with.

- **Boundaries**

This involves the inability to say no and set reasonable limits. Some people struggle to differentiate between their needs and those of other people and other situations. People with low self-esteem are dependent on others' approval and recognition and are therefore fearful of rejection by and conflict with others. People with low self-esteem have their major difficulties in relationships with others. This is because they are unable to establish healthy boundaries or limits. On the job, this inability to say no and set limits translates into workaholism.

- **Denial**

Denying or avoiding reality is a learned behavior. Being in denial has a way of sneaking up on us when we least expect it, influencing us and manipulating us to believe in false illusions. It preys on our insecurities, our hopes, our dreams, our wants, our needs and even our positive qualities like loyalty and trust by using that to keep us hooked into the illusion. When you are in denial, you refuse to admit the truth or reality of something unpleasant. In a work environment, it results in running from the truth or internalizing issues rather than confronting them.

- **Drama**

Over-stimulating events -- such as confrontations, crises, emergencies and calamities -- are a common way of life. The emotionally immature person has low levels of self-esteem and self-confidence and consequently feels insecure. To counter these feelings of insecurity, they will spend a large portion of their lives creating situations in which they become the center of attention. It may be that the need for attention is inversely proportional to emotional maturity; therefore, anyone indulging in attention-seeking behaviors is telling you how emotionally immature they are. Attention-seeking behavior is surprisingly common. Facebook is a great platform for people who are seeking attention to alleviate feelings of insecurity and inadequacy, but the relief is temporary as the underlying problem remains unaddressed: low self-confidence and low self-esteem, and consequent low levels of self-worth



Up Next...

The Best Grazing Places

Part six of this series will consider where you should let your goat's graze to ensure negativity doesn't become a part of their life. The more change and stress you're exposed to, and the higher your self-expectations are, the more vulnerable you become to becoming negative and permitting people to get your goat. Positive people, being honest with yourself, discovering your passion, and keeping your life in balance are all places your goat should graze.

and self-love. Some people seek out that adrenalin (sugar) rush that gives them the feeling of security and adequacy.

If you don't feed your goat the right stuff, you allow negativity to grow and aggravate you and the people around you. People don't like to admit they are negative, but there is no hiding it. Just as importantly, negativity will not go away unless you address it. Feeding your goat the right diet will help you achieve your goals by staying positive and not exposing it to others. Remember, you're not responsible for changing or "fixing" the whole family's diet. You're responsible for taking care of yourself and making the changes *you* want. Changing your goat's eating habits is difficult and takes time, so be patient.

#

"Thank you for the AWESOME kickoff to our Annual Meeting at the Chateau on the Lake in Branson, MO. Only one word can describe this experience: 'WOW!' You made us laugh and cry all in one setting. Your message was very powerful and kept the audience on the edge of their seats wanting to hear more, which was evident in the standing ovation you received. I am still hearing comments on how this presentation was the BEST WE HAVE EVER HAD. Thank you again for taking the time to come and speak to us. The experience will not be forgotten any time soon." -- Clay Crosson, President & COO, Americare™

Steve's Jan. 2013 Schedule

JANUARY 2013

| | |
|----|--------------------|
| 3 | Charleston, SC |
| 8 | Chicago, IL |
| 10 | Columbia, SC |
| 11 | Huntingburg, IN |
| 12 | Charlotte, NC |
| 16 | Waikoloa Beach, HI |
| 18 | Nassau, Bahamas |
| 21 | Dallas, TX |
| 23 | Atlanta, GA |
| 24 | Charlotte, NC |
| 25 | Boston, MA |
| 29 | Raleigh, NC |



How to Bring STEVE GILLILAND to Your Organization:

Call Toll-Free: **866-445-5452**

Email: **amanda@stevegilliland.com**

Web Inquiry: **http://www.stevegilliland.com/to_book_steve_gilliland.htm**

Enjoy The Ride™ Around the World



Kerstin Hagenbach proudly displays
Enjoy The Ride™ on the Charles
Bridge in Prague, Czech Republic.



Need a little more "Goat"?
Click [here](#) to catch up on previous installments.





[Forward this email](#)



This email was sent to customerservice@stevegilliland.com by customerservice@stevegilliland.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

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