



 AS SEEN ON



The Blessings of Downtime

[CBC News, Sept. 24, 2015] *Residents of Planet Earth were shaken to the core early Thursday afternoon when Facebook -- the social network that prides itself on being reliable -- went down worldwide. Early reports suggest that all 1.49 billion Facebook users across the globe were unable to access their accounts as of 12:30 p.m. ET, seeing error pages instead of their own newsfeeds upon navigating to the site. "Sorry, something went wrong," read the message most users were greeted with. "We're working on it and we'll get it fixed as soon as we can." Without a way to post, creep and comment on things within the world's most popular social network, many turned to Twitter with their updates.*



I could easily turn this into a commentary blasting the world's addiction to social media, but such an approach would be hypocritical. Last year, I finally made the decision to join the social media revolution myself. For the longest time, I'd championed turning off cell phones, notebooks and other devices that I claimed were destroying our ability to communicate in person and live like flesh and blood human beings. That very well may be true, but who am I to judge?

If you're not a user of social media at all, I applaud your restraint. The fact is, the Internet has become part of our DNA. It courses through our bodies like blood and seems just as vital, with social media leading the charge. For many people, there is a strong and ever-expanding urge to be connected to everyone they know all at once -- to immediately share with them their thoughts, comments, feelings, images and opinions. Every waking moment can now be shared. That is, if you want to spend all of your waking hours broadcasting them.

When that connection is severed, however -- even for those ten minutes that shook the Facebook world last week -- the most addicted among us asphyxiate. Without a real-time forum, without "friends" to validate every thought or move, they panic. To those of you who are more resourceful and self-reliant, such a reaction can seem absurd. It's very real, however, and I'm sure all of you can point to a number of folks in your circles who just don't do well when they're cut off from the masses -- electronic or otherwise.

Who Are You When the Lights Go Out?

Are you self-sufficient and resourceful enough to withstand even a periodic connection lapse, or do you, too, succumb to the panic of an Internet detour? Certainly, in today's culture, business and commerce depend heavily on 24/7 online reliability. Socially, however, you might reconsider the habitual nature of your device dependence. What happens when you turn your phone completely off and tuck it away somewhere? Do you get the DTs? That could be a sign of over-reliance.

It doesn't happen nearly as often as it did when I was a child, but I recall those times when the power would go out at our house in the evenings, usually during thunderstorms. No lights, no TV, no telephones. Mom would break out the candles, and we'd play board games in the dim glow, pretend we were in an ancient castle, projecting eerie shadows on the walls until bedtime, when my brother and I would march upstairs led only by a flickering flame.

Those were some of the coolest moments from my youth. Entire blocks darkened, silenced. No streetlights, no zapping of bug whackers, no hum of the transformers on the utility poles. Communication could only be done face-to-face or via dog bark.

Prepare Yourself for Being by Yourself

Right now, this instant, I hope your goal in reading this article -- whether you're on a desktop, laptop, phone or iPad -- is to absorb some useful insight that may help you lead a richer, more fulfilling personal and professional life. My mission as a speaker and author -- and one of the true joys I am blessed to repeatedly experience -- is to give you just that. The last thing I want is to sound like an old fuddy-duddy telling you to put away your toys.

The point I'm trying to make is that if you're constantly plugged in to the Internet, when do you find time to incorporate any knowledge and inspiration you siphon from it? Often, we feed it right back into Facebook posts, sharing links, photos and videos, then comment on those friends, family and colleagues have sent to us. It's a constant back and forth, a chronic, incestuous exchange that's as easy -- and habitual -- as eating potato chips right out of the bag.

Behavior like that just doesn't seem to be very productive and can leave you especially vulnerable during forced downtimes -- unless you develop enough self-reliance and resourcefulness to plow forward with confidence and imagination during such self-imposed catastrophes. There's a reason nearly every state in the country has banned texting while driving: you can't see the road in front of you when your head's down.

Enjoy The Ride!

Steve

EVENT SPOTLIGHT

Steve had the pleasure of delivering his new presentation, **DETOUR**, at the Association of Otolaryngology Administrators Annual Educational Meeting in Fort Worth, TX! It was a huge success, and you can see here for yourself:

"Our attendees LOVED the keynote today! What a rock star! Everyone liked the storytelling and tie to motivation without being schmaltzy! Loved the stories, loved the information, and loved the humor. I think it is evident that you love what you do! Thank you, as you did not disappoint. We already have an exhibitor who is contacting you to do their meeting."

**ROBIN L. WAGNER, EXECUTIVE DIRECTOR,
ASSOCIATION OF OTOLARYNGOLOGY
ADMINISTRATORS**





Interesting Fun Facts About Steve Gilliland

Steve Is...

America's Most Award-Winning Speaker

 Inducted into the Speaker Hall of Fame in 2012	 8 Consecutive Years #1 Rated Speaker	 Advantage Media's 2010 Author of the Year, now with 4 best-selling books	 Named one of the Top 10 Motivational Speakers in 2015 by eSpeakers
 MDRT MDRT's closing keynote speaker on the main platform in 2011	 SiriusXM SATELLITE RADIO Heard Daily on SiriusXM's Laugh USA	 SHRM PREFERRED PROVIDER 2015-2016 Designated as a SHRM Preferred Provider	

Ovations...



Steve –

After spending time with you on the phone in June, my gut told me you were my guy, and it was absolutely right. Your message was right on target, and you delivered life-changing advice to my team and me. I have heard a lot of speakers in my life, but I can honestly say you are the best I have ever heard. Not only was your message perfect, thought provoking and insightful, but the way you deliver your message is perfect.

A friend of mine is a regional manager for Henry Schein, one of the largest dental and orthodontic suppliers in the country. He was listening to me rave about you and mentioned that they are looking for a speaker for an upcoming event. I told him they should stop looking and just call you.

Also, you will enjoy being with the Caterpillar group in September. Doug Oberhelman, their Chairman, is a great guy who is diligently working on changing their culture.

Thanks again for your powerful message — and all the best.

Jeff Whiteman
PRESIDENT / CEO
EMPIRE SOUTHWEST

LOOKING AHEAD...

Steve's October 2015 Schedule

5	Carmel, IN
6	Greensboro, NC
7	Saskatoon, SK, Canada
8	Easton, PA
9	Chattanooga, TN
12	Corinth, TX
13	Lubbock, TX
14	Plano, TX
16	Milwaukee, WI
20	Tuscaloosa, AL
21	Austin, TX
22	Springfield, IL

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