



Experience Genuine Joy

This article isn't going to be your traditional spring into a summer travel guide, but I think you might enjoy the message of how to approach a vacation. Not long ago, I was "treated" to a game of "one-up's" that was instructive and worth sharing.

At a dinner, three women were discussing the better weather ahead, and the conversation drifted to vacations. One said she and her husband had a vacation planned to China, then to the Philippines, with a stopover in Guam. They had traveled throughout the Pacific and wanted to add these places to their memory bank. They only had ten days to cram it all in, but she was quick to point out they were flying first class. They also had a trip planned to South Africa. The other chimed in that she and her husband were thinking about Peru and then the Amazon Basin and hoped it would be better than the trip to Argentina and Uruguay. She expected the food would be up to their standards. They turned their attention to the third woman, perhaps a woman of lesser means, and pressed her for an answer:

“We’re probably going on a nature trip to the Ozarks,” she said. “Our kids like to bird-watch. We like staying in little motels and eating in small diners. We love talking to people. We’ve made so many friends.”

What was interesting to me was that the third woman left the first two speechless. If they had intended to shame her, she was above the meanness and the social climbing.

Enjoy It All

I couldn’t help but think that vacations many people take are a lot like their lives. When I wrote my first book, *Enjoy The Ride*, I called upon experiences and observations much like the “vacation conversation.” I realized there are several ways to take a vacation and make it more enjoyable, and it applies to life as well.

1. TAKE ACTION – Turn off your computer and go. Unfortunately, we all know people who spend their lives in a land called “Procrastination.” They will computer search and find, search and search, then search for the best fares, most beautiful hotels, best sunscreen, best, most celebrated restaurants at the destination, best of the best, and more often than not, they decide to go nowhere. I am all about a bargain and even nice things, but the best way to get something done is to begin.

2. STAY FOCUSED – Ignore the noise. While I love technology, I also know that so many people have become so very addicted to digital technology that they forget to see, view, experience and understand where they are. Please don’t let your technology be your best friend, and leave the selfie stick at home; many places now ban them for a good reason. Starve the distractions.

3. KEEP POSITIVE – Take your luggage and leave the baggage. We all know who I’m talking about. It’s that person who reluctantly joins us and dampens every experience or minimizes any attempt we have to enjoy ourselves. The irony here is that we know who this person is before we pull out

of our driveways. Please don't let these people ruin your vacation (or your life). You cannot fix them. Don't bring them.

4. PUSH PAUSE – Relax, breathe and let go. Many of us try to power through vacations as we power through life. It is perfectly acceptable and preferable to stop and smell the flowers or touch an ancient wall or to slowly enjoy the local cuisine. Yes, it is possible to visit five countries in seven days, but far better to be delighted by one country in seven days. Relax and take it all in as thoroughly as you can. The time to relax is when you don't have time for it.

5. BE HUMBLE – Think of yourself less. What struck me about the “vacation conversation” that day was the emphasis on “price” and “first class” and, frankly, pointless boasting. There is a lot to be said about traveling within your means and accepting everything in terms of what you can afford and merely being yourself. In all things, be kind to yourself; however, be humble and real.

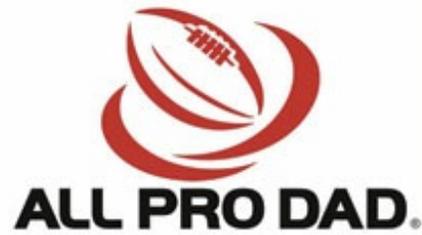
6. BE CHEERFUL – There is always a reason to smile. Seasoned travelers agree on one thing: the international and indeed the local language of travel is the smile. Smiles (the sincere kind) are infectious. If others see you are open and enjoying yourself, then they will be much more open themselves. If a vacationer always seems angry, closed-off and afraid of everything, people will respond in kind. Use your smile to change the world; don't let the world change your smile.

At the end of the day, when you find joy in everything, you *experience genuine joy*.

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EVENT SPOTLIGHT





“I’ve seen a lot of keynote speakers, but the way Steve used humor to entertain while teaching is a rare trait. Definitely one of the best speakers I’ve seen.”

CPHR British Columbia & Yukon Conference Attendee

“Loved the parts where Steve emphasized no one is 'just a secretary' and that situations are what you make of them. Truly relevant lessons to people from all walks of life.”

CPHR British Columbia & Yukon Conference Attendee

“Steve just finished up presenting at our annual meeting last month. Our survey responses were blown up with positive feedback about the impact he made on their lives, and testimonies continue to pop up around our offices everywhere.”

Ben Northey, Vice President of HR, Safety, Risk, Goodfellow Bros.

“I will always remember the day Steve came and spoke to our group. I highly encourage your organization to schedule him immediately. He is funny, motivating and enjoyable to listen to, and I think your group will be better off after having listened to him speak.”

Kris Shepherd, All Pro Dad

LOOKING AHEAD...

Steve's May 2019 Schedule

- 2 - Cornelius, NC
- 4 - Raleigh, NC
- 5 - Raleigh, NC
- 7 - Denver, CO
- 9 - Fort Worth, TX
- 15 - Indianapolis, IN
- 16 - Cheyenne, WY
- 17 - Pittsburgh, PA
- 22 - Grapevine, TX
- 23 - Concord, NC
- 24 - Concord, NC

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