

The Weekly Skillet

Serving Up New Choices For Your Life!

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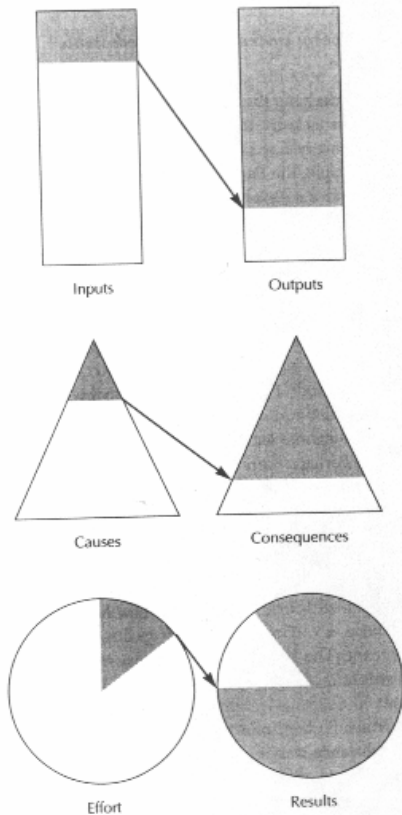
The Main Course



Richard Jorgensen, CEO

Life: Less-ons than offs

Have you ever noticed how rarely struggling for anything in life works? The world tells us to "just do it" and celebrates those who exhibit a "no pain, no gain" mental toughness. There's a fine line between healthy competition that breeds a killer instinct and a win at all costs imperative that attempts to kill instinctively. How can we understand this and apply this to a common mystery in people's lives: the true role of spirituality?



As you can see in the diagram, we must identify that elusive 20% of the inputs, causes and effort we expend that produces 80% of the outputs, consequences and results we experience. To do that, we must look at where our lives work in harmony already, search for themes, not plots. Ultimately, we get back to spiritual issues and we can begin to see how life, in general, is reflected in our life, in particular. That's a *pivotal* move.

The 80/20 principle can be applied when you want to consider life as an unfolding, largely unpredictable expression of opposing forces that are complementary by design, like the four seasons, yet adversarial by nature. Instead of having these forces collide and attempting to sidestep the destructive fallout, we can look for how to combine them and ride the wave of creativity that emerges.

Our singular task then boils down to staying out of the "trivial pursuit" that 80% of our life events carry and making the distinctions that reveal the vital 20% that nourishes our soul! A simple way to begin this is to list the top five issues that you face currently. Which one of those five influences each of the other four? Focus on that one for awhile and see if you begin to feel lighter, more at ease. If not, try again. If you go 0 for 5, get a new 5 til you do. Refresh the list regularly and you'll begin to see the wondrous potential a human being really has...

At LifeSkillsU we call this **Practical Spirituality**

Explore this and other Stop 'n Start course-ware and the possibilities for change in your life by attending a FREE introductory online class.

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Richard Jorgensen

Side Orders

On-Line Personalities Profiles



Della Stewart

Della Stewart joined Awareness Communication Technology in 1998 and has been a vital force in our evolution to where we are today. Her expertise in both people skills and behavioral finance have made her a key resource as we made the transition on-line, where she excels as a technical support expert and a facilitator of many of the Stop 'n Start modules.



Michael Berlin

Michael Berlin, DC, has been with us at Awareness Community Technology since it formed On-Line Distance Learning and has been instrumental in designing our infrastructure as we launch LifeSkillsU. Michael's background in chiropractic includes extensive training in Network Spinal Analysis and related advanced neurobiology. He's serves as our expert on the Stop 'n Start software series..

Meet Della and Michael at LSU's open-line nights March 25th-29th

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