



# Maximize Your Life

Recently, I was driving to a client meeting when my car was broadsided by a crazed driver. I had to make a split second decision as to how to drive through the accident with the least amount of casualties. I was forced into the guard rail and just by the grace of God we escaped a ten car pile up. My car was totaled, but I received nothing more than a few minor muscle aches and pains. Naturally, I was somewhat dazed and wiped out from the duress, but I was back in the saddle and at my office at 9 am the next morning – right after I picked up my new rental car. That was two months ago, and I still have not stopped to step back and reflect upon the “what ifs.” It is not often that we come close to near death experiences, yet in this fast paced world, we are trained that we can’t miss a beat. The clients still have to be satisfied, the bills still have to be paid, and the family and employees still need to be taken care of.

It is not easy to be a type A personality, but it takes a certain desire to be the best that you can be, and to maximize your life to its fullest. You have to want it. You have to seek learning and wisdom, and strive for the unknown. We have become too complacent in our society in many areas, but there are those who do not accept the norm and who push on when others quit, who persevere when they are struck down and near defeat, who reach for the glory when there is no light at the end of tunnel. These people are the catalysts that start new companies and new programs to help us to find medical cures and new energy possibilities, who painstakingly push beyond the limits that would make

others quit. We recently saw our American heroes at the Olympics striving for the gold and winning medals as well as dealing with defeats. They did their best and we are proud of them for their accomplishments.

We should all try to live a healthier life. Living healthier will not only extend your life, it can also improve the quality. Feeling physically better and having control over your own life can greatly increase your mental health as well. Although there are some aspects of physical and mental health that are beyond an individual’s control, there are many things that people can do to improve their quality of life. The benefit of living a healthy life affects all of the people around us. Strive to improve your health every day. From eating right to getting enough exercise, these simple things will greatly enhance your wellness in your body, mind, and social disciplines.

If we at least attempt to improve our lives, just one step at a time, then every one of us will benefit from the new person that we are trying to become. It does not have to be something phenomenal that we are striving for. It could be something as simple as a plan to lose 20 pounds, finishing your GED, or starting your new company.

You have the power and the ability to change your life for the better. Choosing to change is an act of courage. Success begins in the mind with your belief that you can succeed. Set your mind on your vision for the future, and then do it.

Vincent Lombardi

*It is time for us all to stand and cheer for the doer, the achiever - the one who recognizes the challenge and does something about it.*