



The Catalyst™

Catalyst - noun - pronounced (kat-l-ist):
A person or thing that precipitates an event or change.

David's Monthly Inspirational Article

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You CAN Make A Difference™

www.DavidLarrickSmith.com

Are You Responsible?

Understanding the natural laws that govern human potential is foremost in creating the life you want for yourself and for your family. Unfortunately, the majority of people today are unconsciously incompetent when it comes to natural law. Unconscious incompetence means that you don't know, that you don't know! So then, it would be fair to say if you are not aware that a problem exists, you can not begin to effectively address or resolve it. This very reason is why there is so much mediocrity, misery, and unhappiness in our contemporary American society.

Indeed. You Are Response-able!

Nothing has meaning except for the meaning that we choose to give it. The human animal is the most advanced species on the planet because we have a complex brain and the ability to make choices. We can choose how we will respond to any given situation. We have the ability to control how we will respond to stimuli from our environment. We were not born with our interpretations or our beliefs, both we have learned through a process of socialization from our parents, family, media, and environment. Through a process of repetition, practice, and time we have developed a belief system which controls how we see and experience the world around us.

In any given situation or circumstance we are presented with results, and only results! Those results are neither good nor bad, they are simply the product of a cause and effect relationship. It is up to you to give meaning to those results, and then to choose how you will respond to the results. This fact separates us from other species on the planet and makes us "response-able", therefore; being response-able means that we have the ability to respond. Leaders and high achievers understand this and use this principle to their advantage. If you have a glass of water, and the water level is in the middle, you can interpret that glass of water in one of two ways: either as half empty, or as half full.

Take The Medicine

I know that this concept may be hard to swallow because we have learned to give specific meaning to certain results. This is in part due to our sense of entitlement. We have learnt to feel "entitled" to the pain that is caused by the negative interpretations we give certain results in our lives, i.e: being fired from a job.

Example: I chose to be unfairly treated by the Adam's Mark Hotel Dallas for two years. I knew it was a horrible place to work, but chose to accept a job there because I needed the money, and I was afraid of not being able to pay my mortgage and maintain my middle class lifestyle. My fear and lack of courage kept immobilized there. They didn't force me to stay, I made the choice. And like so many people today I woke up miserable most of the time, wishing away my life.

Looking forward to 2 days out of every 7 (Saturday and Sunday). My values conflicted with the office politics, cronyism, and ignorance of the Adam's Mark, and I was unjustly singled out because of it. Did I feel angry, violated, and humiliated by the situation - the result? Yep, I sure did. I have 20+ years of the wrong socialization and the wrong thinking, so I played the victim. Here's a thought: If you choose to work with trash, don't be surprised if you stink! Until I accepted responsibility for choosing to stay in that mess, I couldn't begin to move forward, heal myself, and grow. When I accepted responsibility I got better, not bitter.

Now, I am consciously competence: I know that I know! I have accepted and internalized the fact that I am "response able" for the meaning I give to my results. I can choose how I will respond to any situation in my life. Now, I must practice what I preach! I must make this new habit pattern of thought a permanent system in my mind. Make no mistake, you and I both give meaning to our results. How we choose to respond to the circumstances in our lives will determine our station in life. We will reap what we sow!

A good friend of mine (Janice Bishop-Lemelle) said to me: "Don't worry Dave, one day you will write the Adam's Mark a thank you letter." She explained: "You have so much more to contribute to life and they were just wasting your time...that job was just keeping you from your greatness!" I'm going to choose to listen to Janice and take her advice!

Sound Advice:

1. Accept Responsibility

A major difference in adults and children is the full acceptance of responsibility. Only by accepting complete responsibility for your life can you begin to use the natural laws of the universe and put them to work on your behalf. Losers make excuses, winners make it happen!

2. Develop Courage

The acronym F.E.A.R. stands for False Evidence Appearing Real. We all suffer from fear at some point in our lives. Winners and high achievers also experience fear, but they don't allow it to stop them from moving forward. Ambrose Redmoon wrote: "Courage is not an absence of fear, but the judgement that something else is more important than the fear." Having compelling goals and visualizing them daily will help you to take the necessary action to move forward in spite of your fear.

Remember...You CAN Make A Difference!™

Until next month.

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