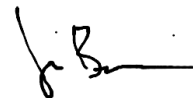


Negativity Sucks!

It sucks our time, our health, our happiness, our creativity, our courage, our energy, our dreams, and it sucks the joy out of our day. The constant crash of negative waves also erodes our bodies, literally making us sick.

Picture swimming in an oil spill of anger, fear, resentment, worry, stress, excuses, judgment, gossip, and guilt—polluting your life by complaining, blaming, whining, worrying, and wallowing. ("There's no time" ... "Things are so hard" ... "I'm so tired" ... "I don't feel good" ... "It's not fair" ... "I need absolute control over the future" ... "OMG, the Internet isn't working!") Being sucked under by the riptide of I can't instead of soaring on the wild ride of I can!

Like songwriter John Prine said, "There's a half an inch of water / You think you're gonna drown / That's the way the world goes round."



Jimmy Brandmeier: Excerpt from *Be Who You Are, A Song For My Children*