

Concept one: The Donkey



The first concept I want to discuss with you is what I call the donkey. The reason I add the donkey is because I believe we need to understand our responsibility.

Imagine for a moment a donkey pushing a mill. Imagine the donkey is attached to the mill with a wooden rod, then the wooden rod is attached to the donkey around its shoulders and around its waist.

This donkey puts bread on the table. It grinds wheat, the wheat becomes flour and the flour is made into bread.

What the donkey needs to do is to go round and round in a circle and to grind the wheat, right?

Now there's two ways that you can get your donkey to walk around and around, either:

A juicy carrot just at arm's length away from the donkey. That is big, orange and juicy. That the donkey can't wait to enjoy. or

a stick.

Whenever the donkey slows down it jolt on its bum to encourage it to be push it forward.

Can you see how I relate the donkey and the pushing of the mill to life?

We have to push a mill to get bread on the table. We can use a carrot as motivation and the stick as encouragement to help us push our mill. Because often the mill, if we not paying attention can put pressure on our shoulders and around our waist.



Two things that we can do is to create a beautiful juicy carrot and a encouraging stuck. The carrot is a beautiful vision of what our life is supposed to be like. And the stick is the accountability.

Questions you can ask yourself

1. What is your mill? _____

2. Does your mill drain you? _____

3. What is your carrot? _____

4. What is your stick? _____

5. What negative sticks do you use? _____

6. Are moving at a good pace? _____

7. Is our Donkey (Ourselves) excited? _____

Concept 2: Survival Mode

Survival mode is when you find yourself in life just going on day by day. You can't think past the next few hours. You're just surviving, you're not living. If you find yourself in that type of position, trust me when I tell you that you are not



alone. Everybody is going to suffer from survival mode at least once in their life. Take heart and hear what I'm saying when I tell you that you don't need to be stuck in survival mode forever.

Find someone to talk to. Take deep breaths and when you can, ask yourself the question, "What can I do to improve my life right now?" Despite the situation that's around me, despite the events that are going on around me, what can I do right now that is going to improve my situation? Slowly work on whatever comes up for you. It might not even be a big thing. It might be just to have a cup of coffee. But keep asking yourself that question:

- What can I do right now to improve the situation I'm in?

If you are in survival mode and you are taking this course, perhaps a lot of the concepts I'm talking to you are a bit overwhelming. Take heart. I understand. Just do your very, very best. Make sure you get to day three. Take deep breaths and once again ask yourself the question, "What can I do right now that will improve the situation I'm in?" And do that one small step.

Okay, that's concept two. I'll see you in the next one.