



**On Goals:** A goal is as useful as its ability to pull you across the chasm between where you are and where you want to be. If it starts pushing you from behind like a task master, it's likely you've just forgotten what you loved about it in the first place. Find that vision again, and let it pull you forward, or let it go. Release your attachment to suffering, learn what there is to be learned, and let yourself be.

**On Failure:** Every failure is a step -- necessary, maybe even brilliant -- toward success. "Every strike brings me closer to the next home run."

--Babe Ruth

**On Success:** Be grateful. It's all a gift.

**On Fear of Coaching:** Afraid? Yes. But my listening is too powerful *not* to be a coach. It wouldn't be smart to take on coaching with anything less than a sense of both the power and the danger. It's a mysterious, miraculous process and alliance between coach and client, and the day I'm not at least a little afraid, then shame on me, and I should stop coaching.

**On Deserving:** The idea of deserving is a trap that leads to comparisons between ourselves and others. Accept the abundance God is trying to bestow upon you, accept God's comfort too, and understand that it's all a gift.

**On Sadness:** Don't be afraid to be sad. Most of our anger, frustration, and frenetic activity happens when we're trying not to hurt. Let go and be sad. Be glad to be sad. It will pass.

**On Logistics:** Some people are brilliant at "what," others are better at "how." Team up. And be willing to take the next appropriate step as it unfolds. Don't let fear about future results keep you from taking action today.

**On Resistance:** Don't completely ignore resistance. It just might be trying to tell you something.

**On Energy:** The fastest, simplest way to generate energy is to complete something. Anything. My Grandpa Venden used to say, "When you don't know what to do, do something."

**On Grace:** Did I mention? It's all a gift.

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