

... How I feel affects other people!!!



How To Get An F In Deployment



You know it. After any length or number of deployments, things have and are going to keep changing. Service Members come back as a different person to a family of different people. So the key is to focus on, and decide that you haven't forgotten who you are. And in doing so, you will get the chance to celebrate who you've become. Because you've become exactly what your goal was to become: more resilient and wiser. I try to change the humor I use when I speak with my Military family, but I don't try to change the base of my belief in being of value to you in the accomplishment of your mission. And that's why I give you 5F's:

1) **FOCUS** – Finding Ourselves Creates Unlimited Success

Put yourself first! When you do your job, your family unit succeeds. Focus on setting goals in increments... 1-3 day, week, month tours... Your family grows and gets stronger because you do. Take care of yourself mentally, physically, spiritually to take care of those around you.

Focus on you and let others come into focus!

2) **FAITH** – Feeling As If There's Hope

The only thing you 'cannot' do is give up. You haven't. You've had to make adjustments, learn patience, trust more. Are you giving yourself a pat on the back? You should. When one door closes... go for the windows! Life is not dress rehearsal. Sometimes when one door closes... it locks!

Create your Windows of Opportunity!

3) **FUN** – Friends Understand Needs

Believe that you're not in this alone, and you can't do it alone. Choose your messenger(s) carefully.

Whose turn is it to be compassionate?

4) **FRIENDS** – Fun, Real, Interesting, Easy, New, Decent, Self

Be your best friend. You have the right to seek the characteristics of friendship you offer.

True friendship is measured in quality, not quantity.

You must also Decide that your friends are meeting the Definition of your life

5) **FREE** – Facts, RISK, Excellence, Empathy

Leadership requires a consequence... outcome... result...

RISK (*Recognition Is Success' Key*). The secret to freedom is courage

Practice makes *purpose*, as you'll find that your 100% fluctuates 365/24/7.

You've earned Silent Hero status.

There's a high calling on your life. It's not easy being you!

Know that you deserve an A!!!

You've shown the right Attitude, made the Adjustments, and continue to Allow yourself to grow.

I believe that success is about confidence and listening... how people feel about themselves affects their ability to listen; that life is about going from one puzzle to another... you are a small, medium or large piece of each puzzle. Thus I use humor, poetry & the power of words to get tangible positive results, helping people contribute to the bottom line by envisioning themselves as an important piece of every puzzle based on feeling good about themselves. I call it The Top Line... and with it, there are boundless bottom line results.