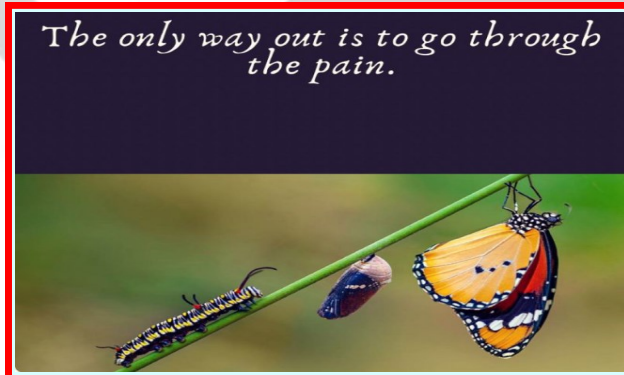
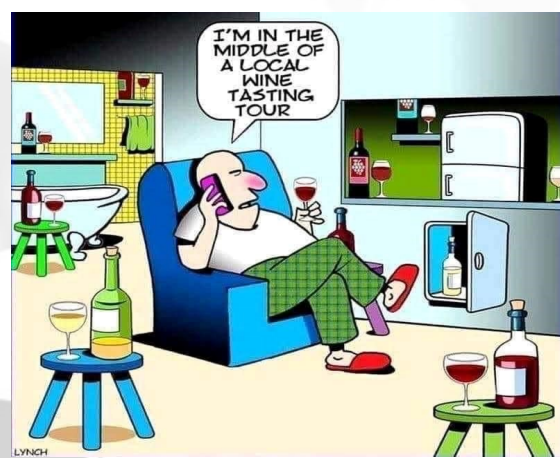


The Golden Brick Road

How I Feel Affects Other People!!!

MARCH 2024

Reminding "Seasoned Citizens" (and you) to continue to laugh, learn and love their lives...



The only way out is to go through the pain.

Realize, too, that you can't always know what the pain will look like, so don't set false expectations and timelines for release. Do set your mind and spirit to believing you're a moment away.

To book Sporty to share his powerful and joy-filled message with your group: www.sportyking.com If you or someone you know would like to receive a copy of this newsletter by email, send request to Sporty@sportyking.com

Develop a mindset that believes people are watching and waiting for the opportunity to bless you. A positive mindset takes a bit of naivete and 'glass half full' thinking.



ATTITUDE IS EVERY THING IN LIFE



Pessimist

Optimist

Spiritualist

Realist

HEALTH WATCH

I DID A PUSH-UP TODAY.



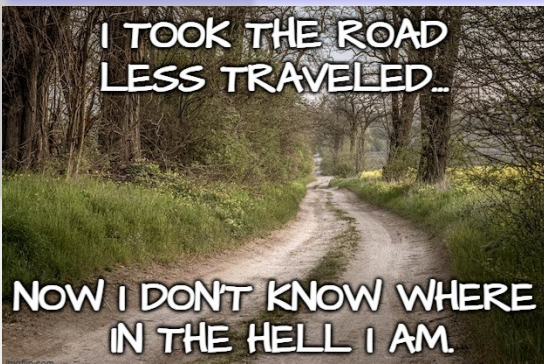
WELL, ACTUALLY I FELL DOWN, BUT I HAD TO USE MY MY ARMS TO GET BACK UP, SO ... CLOSE ENOUGH

Here are some acronyms to keep your mind crisp:

- OLD - Our Life's Destination
- YOUNG - You Occasionally Understand your Need for God
- TRUST - Time Rewards & Ultimately Strengthens Testimonies
- RICH - Recognizing I Can Handle it
- TGIF - Thanking God Ignites Freedom
Thanking God Is Forever
Thanking God Is First
- TGIT - Thank God It's Today
Thank God It's Tonight

MARCH
Make A Real Commitment to History (& HIStory)

I TOOK THE ROAD LESS TRAVELED...



NOW I DON'T KNOW WHERE IN THE HELL I AM.

Always makes me laugh

Teacher: How old is your father?
Kid: He is 6 years.
Teacher: What How is this possible?
Kid: He became father only when I was born.
(Logic!! Children are quick and always speaks their minds.)



Words to heal the soul

Three old guys are out walking.
First one says, 'Windy, isn't it?'
Second one says, 'No, it's Thursday!'
Third one says, 'So am I. Let's go get a beer.'
(or did he say)
OK! Let's get to reading The Golden Brick Road!!!

You're not getting senile. You're exercising your right to forget!

A bus carrying only ugly people crashes into an oncoming truck, and everyone inside dies. As they stand at the Pearly Gates waiting to enter Paradise and meet their Maker, God decides to grant each person one wish because of the grief they have experienced.

They're all lined up, and God asks the first one what the wish is. "I want to be gorgeous," and so God snaps His fingers, and it is done. The second one in line hears this and says "I want to be gorgeous too." Another snap of His fingers and the wish is granted.

This goes on for a while with each one asking to be gorgeous, but when God is halfway down the line, the last guy in the line starts laughing. When there are only ten people left, this guy is rolling on the floor, laughing his head off.

Finally, God reaches this last guy and asks him what his wish will be. The guy eventually calms down and says: "Make 'em all ugly again."

NEXT TIME YOU'RE LAST IN LINE... BE HAPPY

~ author unknown (*but in line...*)

The #2 Pencil...

Little Mary Margaret was not the best student in Catholic School. Usually she slept through the class. One day her teacher, a Nun, called on her while she was sleeping. "Tell me Mary Margaret, who created the universe?"

When Mary Margaret didn't stir, little Joseph, who was her friend sitting behind her took his pencil and jabbed her in the rear. "God Almighty!" shouted Mary Margaret. The Nun said, "Very good," and continued teaching her class.

A little later the Nun asked Mary Margaret, "Who is our Lord and Savior?" But Mary didn't stir from her slumber. Once again, Joseph came to her rescue and stuck Mary Margaret in the butt. "Jesus Christ!!!" shouted Mary Margaret and the Nun once again said, "Very good," and Mary Margaret fell back asleep.

The Nun asked her a third question, "What did Eve say to Adam after she had her twenty-third child?" Again, Johnny came to the rescue. This time Mary Margaret jumped up and shouted, "If you stick that damn thing in me one more time, I'll break it in half!" The nun fainted.

~ Jokester Unknown (*"Very good"*)



Find the elephant. Answer on pg 5

I hate it when TV shows say they contain "adult situations" but then don't show anyone going to work, paying their bills or cleaning up after their kids.

SHOW AND TELL

Stopping to pick up my daughter from Kindergarten, I found out that the topic of "Show and Tell" that day had been parents' occupations. The teacher pulled me aside. Whispering, she advised, "You might want to explain a little bit more to your daughter what you do for a living."

I work as a training consultant and often conduct my seminars in motel conference rooms. When I asked why, the teacher explained, "Your daughter told the class she wasn't sure what you did, but said you got dressed real pretty and went to work at motels."

~ Internet Jokester (*working the Vegas strip?*)

11 PEOPLE ON A ROPE

Eleven people were hanging on a rope, under a helicopter... 10 men and 1 woman. The rope was not strong enough to carry them all, so they decided that one had to leave, because otherwise they were all going to fall. They weren't able to choose that person, until the woman gave a very touching speech.

She said that she would voluntarily let go of the rope, because, as a woman, she was used to giving up everything for her husband and kids or for men in general, and was used to always making sacrifices with little in return. As soon as she finished her speech, all the men started clapping.....

IDIOTS

~ unknown jokester (*female redefining being 'left hanging'?*)

JOYOUS WOMEN'S HISTORY MONTH!

A teacher was reading the story of the Three Little Pigs to her class of six-year olds. When she came to the part of the story where first pig was trying to gather the building materials for his home, she read. 'And so the pig went up to the man with the wheelbarrow full of straw and said: 'Pardon me sir, but may I have some of that straw to build my house?'

The teacher paused then asked the class: 'And what do you think the man said?'

One little boy raised his hand and said very matter-of-factly... "I think the man would have said, 'Well, I'll be damned... a talking pig!'"

The teacher had to leave the room.

LISTEN to what you say... someone else is listening... especially children

The Golden Brick Road

How I feel affects other people!!!
~ Sporty King
You don't always need to know what went "wrong" with your last relationship. What you decide to change may have been what the next relationship is looking for and needs.

Many times the question we really need to ask about the past is, "Who was I at the time?" I know I'm now more compassionate, communicative, mature, responsible, etc. I'm more appreciative of what a woman should look for and expect from me. Being comfortable with what you bring to a relationship may help you commit to being who you have to be to stay in it.

← *****

Many people will guilt you into thinking you're holding a grudge when all you're really doing is remembering how you learned the lesson about how you don't want to feel again while knowing how you feel about the lesson.

***** →

How I feel affects other people!!!
~ Sporty King
You are your message, and you've been sent here to reach someone.

What you have to say is important. What you do is impactful.

Who you are is necessary. Someone is checking you out, wants to be like you, and needs you to BE their role model. They may never get the chance to thank you. But you need to get your Star Mentality together and accept your power.

← *****

When I started my career at The Wall Street Journal as a Messenger I knew the value of the advertising material or contracts I was entrusted with and considered them precious cargo. I was never asked how I got them delivered. I was thanked for my pace & patience, being responsible, my smile, speed and my value. I was announced wherever I arrived. As my career advanced I became more aware of these pillars and continued to make room for more. Put yourself in this scenario with a position you had/have and pat yourself on the back... or front... or side... I thank you.

How I feel affects other people!!!
~ Sporty King
Actually, I'm not good at letting people go. I'm good at keeping up with me.

... How I Feel Affects Other People!!!
~ Sporty King
When you know your worth, it matters where you're going, not how you'll get there. Being you is part of the journey.

How I feel affects other people!!!
~ Sporty King
When I fall it will be such a long flight to the bottom I'll have time to learn to fly. I guess that's what being an angel is all about.
© Morning... Noon... & Night...

Take a breath, think about and apply it to a challenge you overcame. And then another... AND let me add, don't make it a hard challenge. What about a graduation, exam, doctor visit, something someone you know did...? God is in the seeds, not just the mighty

How I feel affects other people!!!
~ Sporty King
Focus on the experiencing of life and its lessons that come with the excitement of waking up in your right mind.

How I feel affects other people!!!
~ Sporty King
Battles are won on the last day, not the first!

How I feel affects other people!!!
~ Sporty King
The Cycle of Testimony
PROBLEM
PRAYER
PATIENCE
PURPOSE

oaks. ↑

L.I.F.E. (Lessons Intended For Everyone). Get your lesson. When you understand how brave you are to lay your head down to go to sleep you'll appreciate waking up even more.

How I feel affects other people!!!
~ Sporty King
People rarely spend as much time as we think they do, thinking about us. That's a good thing. Think about yourself. Know you matter!

How I feel affects other people!!!
~ Sporty King
For true EMpowerment turn the first 2 letters around and know it's no accident. Your ME-power is meant to BE!

How I feel affects other people!!!
~ Sporty King
Somebody underestimated me yesterday. I know it, because it wasn't me and I don't.

How I feel affects other people!!!
~ Sporty King
Being a winner isn't about waiting for your opponent to have a bad game. It's about competing with yourself to be better each time.

How I feel affects other people!!!
~ Sporty King
Don't plan on impressing people. Plan on understanding your steps taken.

How I feel affects other people!!!
~ Sporty King
If we were all wonderful, no one would be wonderful. If we were all terrible, no one would be terrible. If we were all understanding, we would all be understanding.
© Starting Today...

Slow down and think about past experiences and who you are. Then consider saying, "I know this won't work for me." In the moment you may feel like you're letting someone down. In the long run, giving them the freedom to reconsider their options may be the best thing you could've done for them... and you.

Another take on the reminder that it's sometimes the people closest to you who can do you more harm.

Sometimes those you see as enemies are really your followers who can't imagine a life without you. When you reframe stress it can help you picture success.

How I feel affects other people!!!
~ Sporty King
Sometimes you don't KNOW until you say NO! You've made a lot of tough decisions...

How I feel affects other people!!!
~ Sporty King
My sheep know my voice, but the goats try to distract them. It's not always the wolves.

How I feel affects other people!!!
~ Sporty King
When Moses led his people out of Egypt that included Pharaoh...

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



TRUE FRIENDSHIP
NONE OF THAT CUTE STUFF

Are you tired of those cute 'friendship' poems that always sound good, but never actually come close to reality? Well, here is a series of promises that actually speak of true friendship. You will see no cute little smiley faces on this -- Just the stone cold truth of our great friendship.

1. When you are sad -- I will help you get drunk and plot revenge against the sorry SOB who made you sad. (I'll be the designated driver)
2. When you are blue -- I will try to dislodge whatever is choking you. Then, I will help you finish what you were eating.
3. When you smile -- I will know you are thinking of something that I would probably want to be involved in.
4. When you are scared -- I will rag on you about it every chance I get until you're NOT.
5. When you are worried -- I will tell you horrible stories about how much worse it could be until you quit whining.
6. When you are confused -- I will try to use only little words.
7. When you are sick -- Stay the hell away from me until you are well again. I don't want whatever you have.
8. When you fall -- I will laugh at your clumsy butt, but I'll help you up.
9. This is my oath ... I pledge it to the end. 'Why, you may ask?' because you are my friend.

Friendship is like peeing in your pants, everyone can see it, but only you can feel the true warmth.

~ Anonymous (Friend...)

How I feel affects other people!!!
~ Sporty King

When an adult lies to you, you don't owe them anything. You own the relationship.

People who've betrayed you aren't pleased that you found out. For you have just taken over and rerouted their lives. They can no longer relax in the knowledge that they can do as they please without being discovered by others. They will try to do away with anything concerning you or that reminds them of your power to see through them. All they actually needed to do was tell the truth... sometimes just before you found out.

It's not necessarily easy to move on from someone or something in your life. However, it gets easier as you thank your spirit for learning to live with the many decisions you've made on your life's journey to be a better version of yourself. THAT is something you can control and it's an important decision to make.

How I feel affects other people!!!
~ Sporty King

HELPFUL AFFIRMATION FOR MOVING ON!!!

I've made some good decisions. Letting [person or thing] go was one of them. I'm happy to move on.

I've made some bad decisions. Letting [person or thing] go wasn't one of them. I'm able to move on.

I've made some tough decisions. Letting [person or thing] go was one I won't regret. I'm still moving on.

THE BEST POEM EVER WRITTEN

I was shocked, confused, bewildered as I entered Heaven's door.
Not by the beauty of it all, nor the lights, nor its decor.
But it was the folks in Heaven who made me sputter and gasp: the thieves, the liars, the sinners, the alcoholics, and the trash...

There stood that kid from seventh grade who swiped my lunch money twice. Next to him was my old neighbor who never said anything nice. Herb, who I always thought, would be rotting away in hell, was sitting pretty on cloud nine, looking incredibly well.

I nudged Jesus, "What's the deal? I'd love to hear your take. How'd all these sinners get up here?"
God must've made a mistake.

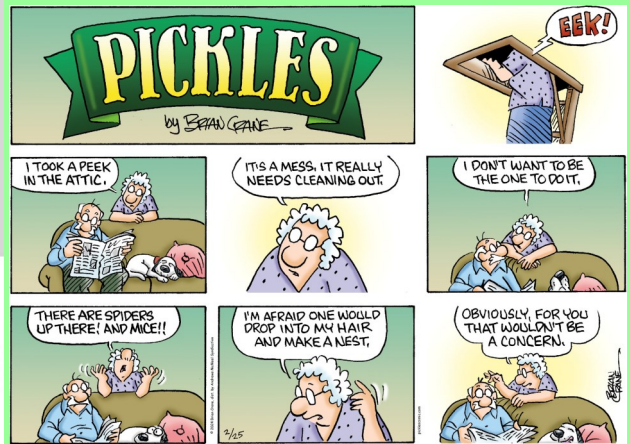
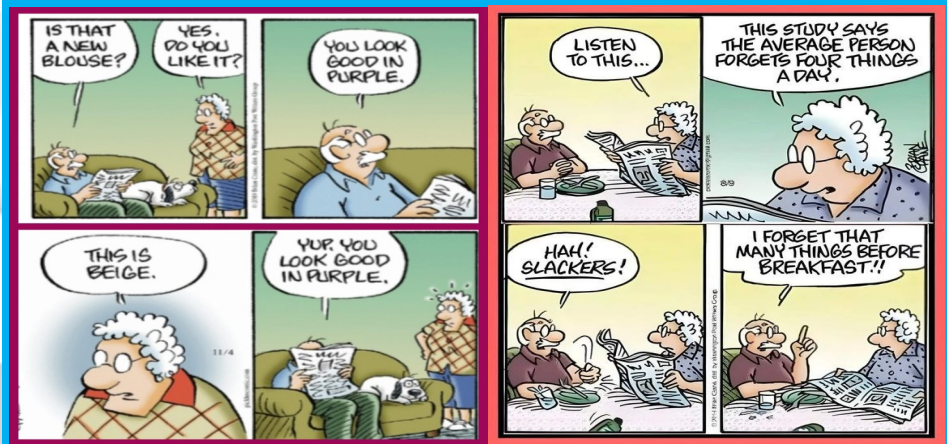
"And why's everyone so quiet, so somber? Please, give me a clue."
"Hush, child," said He, "they're all in shock; No one thought they'd be seeing you."

~ Author unknown (but that's ok...)
JUDGE NOT.

Eli Lilly campaign ads NBA All Star game Alzheimer.
Shows what they can do, and we can do...
[tps://www.youtube.com/watch?v=BSHn0Ghivds](https://www.youtube.com/watch?v=BSHn0Ghivds)

You're not getting senile. You're exercising your right to forget!

YOU ARE NOT ALONE! EVERYONE'S GOT SOME KIND OF CHALLENGE & VICTORY!



NOW THAT I'VE LIVED THROUGH AN ACTUAL PLAGUE, I TOTALLY UNDERSTAND WHY ITALIAN RENAISSANCE PAINTINGS ARE FULL OF NAKED FAT PEOPLE LAYING ON COUCHES.



The closest I come to having 6 pack abs

It's so cold outside I think I just saw a teenager with his pants pulled all the way up! 😂😂

Don't worry about not having a valentine on valentines day. You probably didn't have a groundhog on groundhogs day either.

chicago_old_school ...



Natural causes and talking back to your parents

if i make you breakfast in bed, all i need is a simple thank you

not all this "how did you get in my house" nonsense

ETHEL, WE'RE GOING TO TARGET NOT WALMART!



GET THOSE CURLERS OUT OF YOUR HAIR!

Don't disturb my peace by telling me what other people said about me. Keep it to Yourself, they told You...not me.

When I look in the mirror and see gray hair, tiny wrinkles, and dimming eyes I think, "They sure don't make mirrors like they used to."



Gas prices are so high that I went to the car dealership and test-drove 3 cars to run my errands. Follow for more money-saving tips. 😂😂

WHOSE JOB IS IT?
This is a story about four people named Everybody, Somebody, Anybody, and Nobody.
There was an important job to be done and Everybody was asked to do it.
Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it.
Somebody got angry about that, because it was Everybody's job.
Everybody thought Anybody could do it but Nobody realized that Everybody wouldn't do it.
It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Life is short. Smile while you still have teeth!



PLEASE RING BELL FOR SERVICE
while You wait:
A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?



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

www.sportyking.com 708-805-9279 Sporty@SportyKing.com



ONLINE BROADCASTS
FACEBOOK ... LINKEDIN ... YOUTUBE

Monday **MIDDAY Moment** 3:00pm EDT
1-2 minute inspirational message.
GLUE (God's Love Undoes Everything)
 Wednesday 1:00pm EDT
30-45 minute interactive inspirational message.
GIFT (God Is For Today) Friday 11:00am EDT
8 - 12 minute sharing of my original poetry
and how to use it to inspire others...
and yourself.
HAPPY THIS YEAR!!!
I love you and I'll see you!!!
Happy LIFE Moments!!!

HAPPY BIRTHDATE ANNIVERSARY (TO YOU)!

My mother always said,
 "You have one BirthDAY.
 Every year after that is the
 Anniversary...."

Each year I change the greeting
 on MY Anniversary.

Here it is for those not listed on FB or
 LI. If you're on FB or LI with your
DATE listed [*Spoiler Alert*] you'll
 receive this greeting:

*Celebrating you today is not
 unusual, yet it IS unavoidable.*

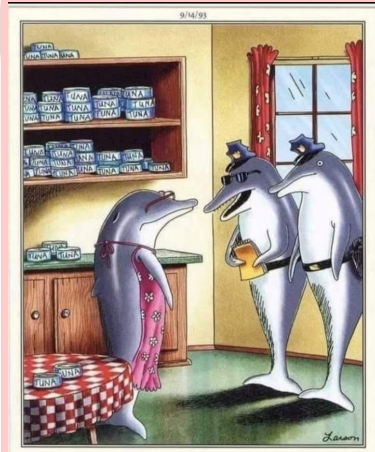
*Under no circumstances are you to think
 you're only worthy of being celebrated
 one day on a manmade calendar.*

*In fact... should someone wish you a
 Happy Belated...*

*tell them they're not late,
 you'll be this blessing all year.*



*Though I wish you an informative Women's History Month and celebratory
 St. Patrick's Day... Remember to never reduce celebration into
 Calendar Annuals, when you can celebrate LIFE Moments.
 Find and retain reasons to enjoy this gift of life as often as possible.*



"Sorry, ma'am, but your neighbors have reported not seeing your husband in weeks. We just have a few questions, and then you can get back to your canning."

**Got up at 5am, 8km run
 completed, came back
 prepared a vegetable
 smoothie for
 breakfast....
 Don't remember the
 rest of the dream....**



THE NEIGHBOUR TELLS ME YOU ARE CHASING PEOPLE ON A BICYCLE...

HE'S LYING... I DON'T EVEN HAVE A BICYCLE!!!



I STARTED A NEW EXERCISE ROUTINE. EVERYDAY I DO DIDDLY-SQUATS.

This poem was written through the eyes of women who were caught-up in the system. And, as you will see, women happy to join in focusing on the positive. The poem was created through the words of audience members.

EGO LIVING

On a scale of 1 - 5... I'm a 6...
 You see some people are tripping. Me? I'm living!
 And I have to recognize and rejoice
 in what my feeling good about myself
 has pulled me through.
 I have to release and rescind
 a list of negative comments and situations
 that could increase your vocabulary
 and your ability to tell stories that will have people
 rolling in the aisles.

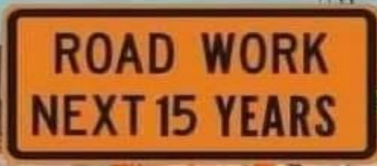
(So)... on a scale of 1 - 10... I'm a 12...
 Come on, I'm more than a cut above the rest
 Because the edge I'm living on is called Sharp.
 See, that's what I had to be to get through school
 (oh, that was back in the day)
 before they graded on the curve,
 spelled phonetically or espoused Ebonics.
 Being rough around the edges didn't cut it
 like a smooth operator should
 And with the option to fail being *unavail...*
 I was able to tap into *my* sometimes-faulty vision
 of just how powerful I am to
 bring a child into this world,
 volunteer my time, or buy a raffle ticket to
 support a worthy cause...
 Cause... I'm really talking about you
 and your ability to save a life.

And on a scale of 1 - 20... I need you to be 25...
 Where every quarter of your percent
 magnifies your testimony of being alive.
 So don't you dare think that on a scale of 1 - 50
 you can be stopped at 55....

You see, our egos have a one-track mind.
 They give 100% and they don't conform to scales.
 They rest upon request,
 and sometimes not too well.
 They're our best source for biased opinions
 And sometimes a creative ally or foe.
 When we attempt to do what we *think* we can,
 they approach it with an attitude of "I know."

And I know I'm not tripping... Me? I'm living...
 Because on a scale of 1 - 1... I'm a 3...
 My God... My Ego... and Me.

© 2006 Sporty King



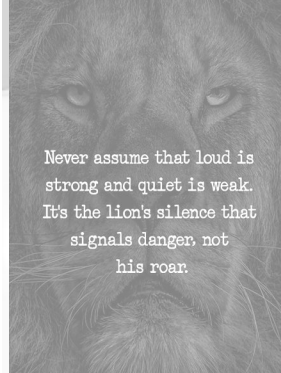
No weapon formed against you, me, my family, your family, our health, heart, mind, or soul shall prosper.
 Amen!

Yesimadiva.com

Me is stronger and bigger than the weapon can see.



"THE ONE WHO PLANTS TREES, KNOWING THAT HE OR SHE WILL NEVER SIT IN THEIR SHADE, HAS AT LEAST STARTED TO UNDERSTAND THE MEANING OF LIFE."
 ~Rabindranath Tagore



Never assume that loud is strong and quiet is weak.
 It's the lion's silence that signals danger, not his roar.