

## **Tumbling to Success**

Every day I trip. Unfortunately, this is not a joke. However, I would venture to say that most people trip on a daily basis. Would you agree? The question is, do you trip- or do you *fall*? And then, what do you do in the aftermath of that trip or fall?

You may be asking, what in the world is the difference whether I trip or fall? I'll tell you. A trip can be characterized as a slight stumble. Something that catches you off guard, but doesn't necessarily cause you to stop making progress. It's like that barely noticeable lift in a sidewalk that comes out of nowhere just as you're starting to hit your stride on a nice run or power walk. You know the feeling. Your sneaks catch and drag across the obnoxious little bump that seems to be snickering with enjoyment as it claims you as its most recent victim. Correct me if I'm wrong, but typically that incident won't cause you to stop running or walking, does it?

**You manage to keep moving forward as you pull yourself together and fairly easily convince yourself that nobody saw that happen and You. Are. Fine. That, my friends, is a trip.**

A fall, on the other hand, is much more dramatic. A fall is what happens when you are in the middle of that same run or power walk and you get distracted because your jam starts playing in your ear buds, or your phone rings, or a bike whizzes by you. At this same moment, the sidewalk abruptly ends and a curb shows up out of nowhere. Suddenly, you FALL. Not the, stumbled a little but I don't think anyone saw me, fall. I'm talking about the, feet flew over your head as you crash to the ground with the force of your full body weight, kind of fall.

At this point you have two choices. You can jump up, pretend nothing happened and keep right on going- practicing self-soothing as you move on and convince yourself that there were hardly any people around to see you fall. Or, you can choose to lie on the ground for a bit before slowly dragging yourself up, all the while convinced that every single person in a 2 mile radius saw that fall and there is no point in going on since your ego is so badly bruised you wouldn't be able to get anywhere anyway.

**Allowing a fall to become a fixated stop sign in the middle of your progress is what is considered the danger zone of a fall.**

Every day we are faced with multiple challenges. At work. At home. With friends, parents, siblings and co-workers. Each challenge presents the opportunity to become a better version of ourselves, and potentially deepen a relationship or become better professionals. The choice to embrace that opportunity is ours.

That's right. You decide. Make the decision to identify those opportunities, take a deep breath, and tell yourself to *embrace the trip*.

Consider this: Your boss asks you to take on a project at the last minute, due before the end of the day, and your immediate feelings are annoyance and anger. Do you choose to make a snide comment (behind your boss's back, of course) and do the bare minimum needed to complete the project? OR – do you decide to *embrace the trip*, seize the opportunity to show your boss your commitment to your job, your love for the work you do, and the incredible talent you possess?

This is the choice presented to you. You can either *trip* over the initial feelings of annoyance and anger and resolve to move positively toward progress, or you can allow that stumble to turn into a full blown *fall* and let it become a wall blocking you into a house of negativity.

**Every day, the choice is yours. Choose to embrace the trip.**

The challenges that will cause you to trip or fall will arise daily- it's up to you to control the amount of damage that follows. Take a trip on the positivity train and obstacles will become manageable little bumps you will easily rise above.

*By your side,*

Blaise