



ANDY PETRANEK
STEPPING UP

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**A newsletter, written with joy, for the curious, adventurous,
and modern-day action-takers of the world.**

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This newsletter is going to be short.

As you already know, the world has gone nutso.

What was up is now down, down is now up. Life looks and feels unrecognizable. Massive changes are happening in jobs, careers, industries, health, fitness, education, childcare. And there is no end in sight. Perhaps on some days, it looks grim, even hopeless. While on others... a glimmer of possibility.

It's in that disparity, that polarity between hopelessness and possibility, that I'm going to focus. Because it's important to see that yes... you still have a choice...

Be at the mercy of the craziness of the circumstances of the world.

Or... don't be.

It's your CHOICE.

Let me explain.

IF it's true... that world and life circumstances decrease your happiness, joy, love, delight, aliveness, fun, and curiosity. Then in order for you to be happy, joyous, loving, delighted, alive, good-natured, and curious, you need life to be a certain way.

If that is true, you're fucked... and so are we all.

Because the world right now is conspiring against us... all of us.

But I'm here to remind you - that while there are very real realities about life and the changes that are taking place in so many ways... YOUR FEELINGS BETRAY YOU.

How? They have you hoodwinked in having you think that 1) your circumstances are responsible for the way you feel, and b) It's hopeless, since you have no capacity to control your circumstances. This makes you doomed to living a life without happiness, joy, love, delight, aliveness, fun, and curiosity.

I say BULL to that.

You, like everyone else (me included) keep forgetting that there is a gap between circumstances and your feelings about them. that GAP is the one that truly dictates EVERYTHING about how you're feeling.

What's in that gap? Your THOUGHTS.

Your thoughts are responsible for creating your feelings and emotions, not your circumstances. Want to feel better? Change your thinking. Stop running from life and start leading yourself... because humans are either moving toward an emotion they want more of, or trying to get away from one that they want less of.

- If you change your thoughts, you will change the words you use.
- If you change the words you use, you'll change your state of being.
- If you change your state of being, you'll change the emotions your experiencing... your feelings.
- And when you change your feelings, BOOM, everything starts to appear differently!

YES... it's true... if you change your THOUGHTS... you can change your life. Not overnight... with daily attention, daily work, one step at a time. This process is a lot like getting into shape... I call it "emotional fitness".

Simple.

Not easy.

Slow down so that you can see, you can settle... it's the purpose of a meditation and journaling practice. In doing that, you can start to look for the things about your life for which you are grateful, proud, and love... drop into your heart... and take responsibility for **CREATING YOUR INNER STATE** - the way you want it to be. Lead yourself in the direction you want to go.

Take control of your own tail and stop it from wagging you.

You can do it.

And if you want some support along the way... I've got two recommendations...

1 - Join me LIVE [on Facebook](#) or [on Instagram](#) every day at 8:30am Pacific for a group meditation. It's no longer than 20 minutes (of which we meditate for about 10).

The purpose? To create space, clarity, connection... to slow down the barrage of thoughts that occupy your mind 24/7 and give you a chance to see things for yourself more clearly, and to cultivate a practice in a community.

My **SECOND** recommendation: [Join my team in the Whole Life Challenge](#) that starts THIS Saturday for 4 weeks. Not because you want to change everything about your life... **because you want to change ONE thing**. It's all about being willing to show the fuck up. Just do it... even if you think you've already got it. There is **NOTHING** like being in a group of like-minded people who are all taking steps toward making just **ONE** thing better in their lives.

That's all I've got for you this month. Right now, it's up to each one of us to **FIND** the **AWESOMENESS** each of us possesses inside. The world isn't giving it to us...

And there is no better way than to do it with others who are doing the same!

See you when I see you.

Andy

PS - If you aspire to higher levels of leadership, purpose, meaning, and connection in your life... and want to take it to the next level, I want to talk to you. As a professional life & leadership coach, I'm always looking to have conversations with people who are committed to growth, looking for opportunities to expand, and who are willing to take steps in that direction. [Book time in my calendar.](#)

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Quote to Ponder

"Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do it. Because what the world needs is people who have come alive."

~ Harold Thurman Whitman

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