



**ANDY PETRANEK**  
STEPPING UP

---

Issue 15 | April 11, 2020

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

*This email may contain affiliate links. If you click through to a product and make a purchase, I may receive a commission (at no additional cost to you). Thanks for your support in this way.*

<<First Name>>,

Have you adjusted to the new normal? I'm hopeful that we'll be adjusting back to at least some of the way things were by the time I'm getting ready to send out the next newsletter.

But in the meantime... there's plenty of life to live, and plenty of work to be done... mostly in simply keeping ourselves on track - physically, mentally, emotionally, and spiritually during these tumultuous times.

I've found tremendous personal power over the past 3 weeks in applying three specific strategies...

- keeping a regular schedule,
- adhering to my normal morning routine during the "wee hours" of the morning, in spite of not having any time pressure to get it done then
- getting dressed each day for work.

These things have helped me maintain at least a small semblance of normal over what I might consider to be the most "un-normal" month of my life.

Hope you and your families are well and you are taking care of yourselves. Please

Andy

(Note: If you love these newsletters, please consider forwarding it to someone you care about and/or someone who needs to hear it. [They can subscribe here.](#))

## Schedule a Call with Me



As many of you know, I'm a life/health/executive coach... but one thing I've never done before, and have been thinking about for quite some time is creating an offering to work with me, one-on-one, on improving your health, fitness, and wellbeing through the use and implementation of the WLC's 7-Daily Habits (nutrition, exercise, mobility, sleep, hydration, reflection, and well-being).

**Well, it's time for me to stop thinking and start doing!** 🙌🙌🔥

If you think you *might be interested* in working with me for 8-weeks, let's get on a call. Use this link to [schedule a free call with me.](#)

Our work together could take the form of any number of things: finding peace in the chaos of today's world, adjusting yourself to the current reality, "dialing things in", make some much-needed tweaks, or reboot - make a complete overhaul.

**Here's a [link to book time in my calendar.](#)** During our call, we'll discuss how it might look and work for you, personally. This isn't a "cookie-cutter" program... it's one-on-one coaching that we will create, together.

*I don't know how long I'll be offering this, and it's definitely for a limited number of people, so if you're interested, don't wait.*

## New Stuff from the Whole Life Challenge

Some of you have seen that the [Whole Life Challenge "The Journey"](#) has begun. It's a 12-week adventure, unlike anything we've ever offered before.

The 7-habits are still the same... as is the daily scoring. However, the context has

Subscribe

Past Issues

Translate ▼



You see, we realized with the onset of COVID19, that the idea of a fixed 6-week Challenge, of a game, while useful at times... well, it just wasn't a big enough container for what we are truly up to.

The journey that *we're* on... toward true health, fitness, and wellbeing is an ongoing practice for which there are many ways, many options, many paths. You're never really "off" of it... and yet, the in the way we had been contextualizing wellbeing in the WLC was only via 6-week periods of structure and accountability.

So, we're pivoting! It's exciting... as it addresses the world where it is, where WE ARE, right now.

What does that mean for you?

**The WLC Journey is here to support you - now...** it's ongoing... and it's never too late to join.

This is a personal invitation to [JOIN MY TEAM](#), "**Andy's Tribe.**"

The Journey is open for a period of 12 weeks.

Within that time frame, you are welcome and encouraged to do it ANY WAY that helps you to keep yourself on track, even if that means just keeping your head above the water right now.

If you want to approach it as a full, competitive, point-driven, Challenge, in which you're accountable for all 7 of the Daily Habits... **go for it...** knock yourself out.

But if you're like many people right now, you just need a little structure and accountability for a few things to help keep you on track.

and you also need...

## COMMUNITY

People who are with you, on the journey, to help support you in your quest to live your best life, and to make the best of what is going on in the world.

So... Join us. Join me. I'd love to have you with me on my team, "Andy's Tribe".

Want to bypass that, and [just join my team?](#)

Registration is open... you can start any time.

Just SHOW UP. It's the most supportive thing you can do for yourself and your family right now!

---

## Quote to Ponder

*"We want healing from illness, but it's through illness that we grow and are healed of our complacency. We're afraid of loss, and yet it's through what we lose that we're able to find what nothing can take away from us. We run from sadness and depression. But if we really face our sadness we find it speaks with the voice of our deepest longing; and if we face it a little longer we find that it teaches us the way to attain what we long for."*

~ Peter Kingsley

---

## How I'm Practicing - an invitation



I've been cultivating a meditation practice now for over 20 years.

But the thing that initially got me started was community, or sangha as they say in the Zen Buddhist world. In fact, without that, I don't think I would ever have gotten my current practice off the

ground!

It occurred to me at the start of the pandemic, that in spite of all the meditation apps available in the world today, that doing it in sangha, community, would be something supports others in creating a meaningful practice of their own.

So, without any sort of warning, I just started... live on Facebook... creating a regular place and time to come together - to create space, find peace, quiet the mind, TOGETHER.

I have personally found tremendous benefit from doing it for the past 3 weeks, just like I did 20 years ago.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Every Day - [LIVE on my Facebook page](#)

Sun - Fri - 8:30am pt / 11:30am et.

Sat, - 7:30am pt / 10:30am et.

---

---

## Parting Thought



"How're you doing?" It's such an innocent question that we're all so used to asking, and answering... without a second thought...

But today, it poses an interesting predicament. How are you - REALLY?

I've found that people tend to either be overly good... everything is great - family, work, kids, school, dealing with things well, etc. Or overly bad... the world is coming to an end, I just know it, and I'm going to be at the bottom end of it... hopeless.

Neither answer is really the truth. The truth, in most cases, lies somewhere in between.

The opportunity today is to get present with YOUR truth. What is REAL? What is RELEVANT? Where are you hurting, and what is hard right now? And where are you good... handling things like a champion, leading yourself and your family?

And once you're clear...

Now, today, given the world situation... is also a great opportunity for you to practice telling it. TELL THE TRUTH. No shame. No guilt. Just what is real for you.

Why now?

Since we're all going through this experience together, there is a collective level of acceptance, empathy, and even vulnerability that we haven't ever seen before, at least not in quite the same way.

This makes the environment perfect for practicing telling it like it is. And while it will

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

yourself.

Now, remember, that doesn't mean sharing everything with everyone you encounter (ever hear of over-sharing?) Use good judgment to discern the relevance of your share to the person you're sharing it with, but also experiment, explore, and give yourself permission to screw it up.

I encourage you. LEAN IN. Give it a try. The truth works... besides, if it becomes a habit, you'll have way less you'll have to remember! Tell it as it is. It's like a muscle... the more you do, the better you get at it and the more natural it will feel.

Have a great month... and take good care of yourselves and your families!

Andy

---

If this email was forwarded to you and you'd like to subscribe, [Click Here](#)

---

Want to connect with Andy?



**Instagram** [andypetranek.com](http://andypetranek.com) **Facebook**

---

*Copyright © 2020 Andy Petranek Coaching, All rights reserved.*

Want to change how you receive these emails?  
You can **update your preferences** or **unsubscribe from this list**.