



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.**

Hey <<First Name>>,

I just returned from the [PaleoFX](#) conference in Austin, TX where I both spoke publicly and got a chance to hang out with other movers and shakers in the Paleo nutrition world. Super cool new products and technology out there - stuff that I'll be experimenting with and will be sharing with you soon.

Hope you had a great April... bring on May!!

Andy

Who's Story Inspires Me

You know how sometimes all it takes to get going with something you've been resisting is to hear the story of how someone else did it in spite of insurmountable odds? Meet Anela Lineham, [one of the guests this month on my podcast](#). She's survived gymnastics, the Bosnian war, abuse, single parenthood, and through it all has continued to find a way to not just survive, but thrive.

Listen-in - her story is emotionally rich and inspiring!

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What I'm Breathing



Over the past several months, I've visited several healers whose offices were using essential oil diffusers to set the mood. In the past, I've resisted the idea that olfaction (sense of smell) could make a real difference. I couldn't have been more wrong. In both cases, I noticed an immediate shift in my energy within seconds of walking in the door.

I decided to give it a try myself by purchasing a [small diffuser](#) for my office with a simple [essential oil kit](#) and playing around with different essential oil environmental "recipes". I enjoy it so much that I diffuse almost every day now. If you haven't, you should really give it a try.

What I'm Learning



[\[Click here for the podcast\]](#) The connection between mind and body is profound. Your body isn't a collection of independent parts controlled by your brain, it's one homogeneous unit that operates in a continuous flow state, controlled as much by fascia, organs, and your heart as it is by your gut and brain.

Brian Donahoe and Alex Rizk from the [Human Garage](#) have dedicated their lives to helping heal people through these connections. Everything from posture and gait, to vibration, energy, cranial-sacral work, and internal chemistry. Join us for this thought-provoking conversation from my podcast.

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Quotes of the Month

"As you ramble on through life, brother,
Whatever be your goal,
Keep your eye upon the doughnut,
and not upon the hole."

~ *The Optimist's Creed*, printed on every box of Mayflower Donuts from the 1930's through the 70's.

"Out beyond ideas of right-doing and wrong-doing, there is a field. I'll meet you there."

~ *Rumi*

Watching & Listening for Joy and Inspiration



[\[Click here for the video\]](#) I was mid-flight, on the way home from the PaleoFX conference, sitting in the middle seat on a completely filled flight, minding my own business with my noise-cancelling headphones on, listening to my favorite Spotify playlist: "[AP Happy 911](#)" (songs that whenever I play them make me almost instantaneously happy).

What happened next was one of those incredible moments that I'll remember forever. The song, "This is Me" came on from *The Greatest Showman*. I don't know what it was - the lyrics, the music, the moment... but I was suddenly overcome with joy, love, acceptance, abundance - and without warning had huge amounts of tears flowing down my face. I was a mess for a good 5 minutes!

This song may not do it for you, but if not, I recommend finding one that does and playing it regularly. Music has such an amazing power to transform the ordinary into something truly extraordinary!

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HOW I'M MOBILIZING



[\[Click here for the video\]](#) This month I created a 15-minute follow-along **mobility routine** video. In case you didn't already know, "mobility" is another way of saying "stretching," though it's actually quite different.

This routine is movement based, athletic, moves your body through every plane of motion, and can be used standalone or as a pre-workout warm-up. There is no static stretching here - these are all dynamic movements that will actually have a far better impact than static holds, especially pre-workout. I've used it almost every day for the past three weeks and having great results with it.

Please let me know what you think!

Parting Thoughts



Public speaking terrifies me. I've had several traumatic experiences public speaking over my life to justify that terror that I won't go into here... but let's just say that if I told you the stories, you'd understand.

I was asked a few months back to be one of the backup speakera at the PaleoFx convention. I said yes... not thinking it through fully at the time. You see, I've had an inner desire to speak in public, but not strong enough to cut through the longstanding deep fear that I simply can't do it, or the misbelief that I really don't have anything important or worthwhile to say.

Lots of unknowns as a backup speaker. I wasn't on a publicized list of speakers, wasn't on the event schedule, had no specifically appointed time to speak, nor did I know how long I'd be expected to speak for. All of this was perfect for me. I could say I was willing to speak, but just fly under the radar and not actually do it.

With less than a week until the start of the event, I panicked. What if I did get called upon to speak? What was I going to say? So with help from my friend Jocelyn, and a

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AND... I almost made it through the weekend without giving it... until one fateful moment on Saturday afternoon when I felt a tap on my shoulder in the middle of the convention floor... Andy Petranek? Backup speaker? We need you on Stage V in ten minutes to give your talk. YIKES!! WHAT??? THIS WASN'T SUPPOSED TO HAPPEN!!!

Believe me, I did my best to get out of it... isn't there ANY OTHER backup speaker that could do it I pleaded?? Nope. Well then perhaps it would be better if NO ONE spoke vs. having me speak.

Sorry. You're it.

There's more to the story, things that didn't work, and some that did, but the bottom line is that I pulled it off... in spite of the self-judgment, fear, and belief that I have nothing important to say or contribute to the world... and the awkwardness of being the understudy, the substitute.

While writing this, I remembered the name of this newsletter. Stepping Up. Really? Holy sh*t. No coincidences. The Universe is pulling me forward, in spite of efforts to the contrary. All I had to do was put it out there.

Here's a question to ponder... Where are you (like me) playing small? What step could you take that would pull you forward and serve a bigger version of yourself than you are today? Does something come to mind? Quick... write it down.

Hope you have a great month!

Andy

PS - Thanks so much for being a subscriber. If you read something that you think might be of value to a friend, please forward it to them. Thanks!

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