



ANDY PETRANEK

STEPPING UP

Issue 2 | March 1, 2018

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

Welcome to Issue #2!

My adventure into the world of stepping-up and "put yourself out there" continues. The latest update - I rebranded and relaunched my podcast, changing its name from the Whole Life Podcast to the Andy Petranek Podcast.

I'm really excited about it... and also quite nervous. But as many a mentor has said - the place where all the learning and growth occurs is in the "no-comfort zone". That's where I am right now... out there swinging from the skinny branches.

Hope you enjoy the newsletter - there is some really great stuff in there. Take your time getting through it, and enjoy!

Andy

What I'm Learning

Human beings thrive in tribes. In fact, our ability to use the collective intelligence, skills, wisdom, and "muscle" of one another enables us to accomplish what would otherwise be impossible. My podcast guest, Philip Folsom ([check out the podcast](#)

Subscribe

Past Issues

Translate ▼



my fascination and subsequent deep dive into team-dynamics, the hero's journey, mythology, and archetypes. The latest milestone - spending a day with Philip ([check out his website here](#)), exploring team dynamics and learning from a real-life wolf-pack with animals that have been rescued and cared for by the [Apex Protection Project](#). If you want to learn more, I suggest starting with the [podcast](#).



This is a bit of a continuation of the bullet above. As I got deeper into mythology and the hero's journey and began exploring resources online, I stumbled across Dr. Jordan Peterson ([check out his website here](#)). He's a Professor of Psychology and a Clinical Psychologist, and happens to be masterful at breaking down story, the psychology of human nature, and how we live these stories out in our everyday lives. He posts all of his lectures online in his youtube channel. [This lecture](#) is one of my favorites from his 2017 Maps of Meaning course in which he breaks down the movie Pinocchio from start to finish (warning: it takes him about 5 hours and 2 ½ lectures to get through the entire movie... as I said, it's deep stuff!)

What I'm Watching



A documentary called *Dealt!* ([here is a link to the trailer](#)). It's a story of mastery, persistence, practice, and the indomitable human spirit. It's also a story of humility and growth. Richard Turner ([here's his website](#)) is a card mechanic... he does things with cards that are *ridiculous* and seemingly impossible. He practices daily for hours at a time and astounds audiences globally with his unbelievable mastery of a deck of cards. Oh... and one other thing, **Richard is blind.**

This is truly an amazing story. It moved me to tears, as Richard shows us that even someone set in their ways for over 60 years, can, with the right mindset, learn, grow and change. Enjoy the trailer, and if you're so inspired (like I was), give it a watch!

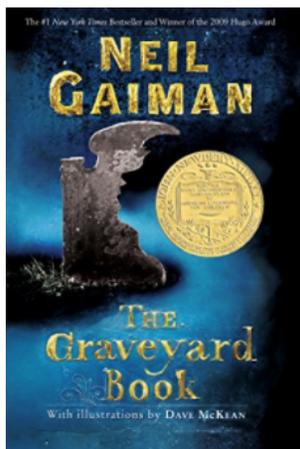
"Your audacious life goals are fabulous. We're proud of you for having them. But it's possible that those goals are designed to distract you from the thing that's really frightening you—the shift in daily habits that would mean a re-invention of how you see yourself."

~ Seth Godin

"I don't need time. What I need is a deadline."

~ Duke Ellington

Books I'm Reading



I had a revelation this month - that I was no longer reading anything for fun. Reading for me had turned into something I do for growth, learning, and understanding. It had become work.

And while there's nothing wrong with that, something felt like it was missing. So I decided that I would start reading children's books (ones that are at about the age/reading level of my 5th grader) for FUN. And what I'm finding is that IT'S WORKING! I'm falling in love with reading all over again! I also can't believe how many books I've already

read this year! Here's the list so far:

- [Rain Reign](#) - a book about a girl and her dog - a must read for dog lovers especially!
- [The Graveyard Book](#) - one of the best books I've ever read - of ANY kind!
- [The Lion Witch and the Wardrobe](#) - the start of the Chronicles of Narnia
- [The Magician's Nephew](#) - yes, I know it's book #6, but I wanted to know where Narnia came from before I read further
- [Prince Caspian](#)
- [Voyage of the Dawn Trader](#)

Purchase I'm Loving

I'm going to be totally honest here and just come out and say it. **I love shoes.** Not

Subscribe

Past Issues

Translate ▼

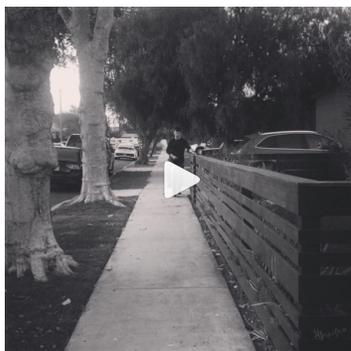


also been a proponent of flat shoes for decades, knowing the sort of postural and functional damage heels can do to your body over time. Lastly, and perhaps most importantly, I'm a huge fan of barefoot-style running (and walking).

Any shoes that can provide for all three for me - **HOME RUN!** After being introduced to [Xero Shoes](#) and getting a pair of my own, they quickly became my favorites. Then I had Steven Sashen, the founder of Xero, on my podcast. He's the real deal. A fanatical zealot - who wants the entire world in barefoot shoes because of how much better they are for your feet and entire body. If you want to hear more about this, his recommendations, and visions, [check out the podcast](#).

I now own 4 pairs of [Xero Shoes \(2 pairs of Prio's, 1 pair of Terraflex's, and 1 pair of Hana's\)](#) so that I never have a situation for which I don't have the option of wearing them.

Parting Thoughts



I started something a year ago that I left unfinished. Why? It was hard. I wasn't making progress as fast as I thought I should. And I gave up - thinking to myself that perhaps there really are things that you're too old to learn.

What was the thing I left unfinished? Learning how to ride a unicycle.

This month I decided that making steady daily progress, no matter how slow, was more important than the obstacles and judgments I placed on myself about how I *should* be doing. So I decided to point my arrow directly toward the obstacle... so that I can practice not giving up in spite of it being hard, I don't feel like it, I'm too old, or any one of a million other excuses.

Do you have something like that in your life that you've given up on because... ? If so, consider taking a deep breath, accessing your inner courage, and diving back in - pointing your arrow toward the very thing that stops you. And enjoy the daily progress, no matter how small.

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

Andy

PS - *Please do me a huge favor. If you enjoyed this newsletter and you can think of someone who you think would too, please forward it to them!*

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

Want to connect with Andy?



[Instagram](#) [andypetranek.com](#) [Facebook](#)

Copyright © 2018 Andy Petranek Coaching, All rights reserved.

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