A picture containing ground, car, outdoor, parked

Description generated with very high confidence**This Word Increases Your Personal Power**

Sarah and I are on a two-hour drive to a vacation cottage we've rented in Michigan. Our three cats are along for the ride. We're making great time on I-94. Until . . . Bang!

We hit the mother of all potholes. We watch as the tire pressure indicator drops from 32 to 24 to 4 to zero psi in a few seconds. The first thing I say to her is, "Well, this is inconvenient." Because that's all it is.

"Inconvenient" is a fine way to describe things you don't like, but which aren't disastrous. We hit a pothole. There is no collision. There are no injuries. I learned to think this way from the late Larry Wilson, the sales and leadership guru. I was watching one of his videos and Larry said . . .

*Personal power is having access to and control over the energies*

*and emotions required to optimize and maximize your performance.*

He also said, “Most people never think about what they think about. Have you ever thought about that?’

What a question. It stopped me in my tracks. Too often, we think about the event. In this case, the flat tire. Then, we think about how we feel. But what causes the *feeling* is what we *think* about the event. And, then, what we say about the event to ourselves.

When we hit that pothole, I could have thought and said, "Well, that *ruins* the first day of our vacation.” I might have gotten mad about having a flat tire. But by immediately saying "This is inconvenient" I put things in perspective and I felt neutral about the flat tire. I wasn't happy about it, but I wasn't mad either.

Truth is, we have a late model Cadillac ATS. We can drive up to another 50 miles on a flat tire. So, we drive to a GMC dealership in Benton Harbor and pay $175 for a new tire. No biggie. Just a minor inconvenience.

Larry Wilson taught me to think about things like flat tires, late flights and cancelled appointments as “inconvenient” rather than disastrous. I believe that idea has added years to my life. Because I've learned to think about what I think about, I don't get angry about the small stuff anymore. Start thinking about what you think about. It's pretty important.

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