

Life: Your Highest Performance of Function



By Frosty Wooldridge

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“Life” charges around your body every second of every day until your last breath on Earth. Your red blood cells race through thousands of miles of arteries, capillaries and veins. Everything about you thrives toward performance and function.

(Sandi Wooldridge with her new car. You can smile, frown or shout. You can send positive energy or otherwise. Energy drives your car, drives your life, drives your dreams. Discover your energy, your passion and your excitement in life.)

Photography by Frosty Wooldridge



Blood feeds your muscles, bones, hair, teeth and eyes. It provides food, water and oxygen. It provides you with hearing, sight, touch, smell and taste. Subsequently, you enjoy drinking water, eating food, seeing the night sky, touching your pet and hearing the crickets around a campfire.

Pretty cool to be alive! You enjoy the rarest of rare events

in the entire universe: aware of your own living being. You enjoy the opportunity to live at your highest performance and most profound functionality.

Once you pass through your teenage years, you gain tremendous consciousness born from experiences. Soon after, you gain choices for your life—meaning and work. Ultimately you discover your creative potential.

However, along your path, you may experience “parenting” roadblocks, emotional traumas and a growing “sense” of inadequacy. It’s been proven that the most important years of your life range from your first breath to your 13th year.

Everything happening to you during those formative years either makes you or breaks you. If your parents presented you with a positive mental attitude for learning and guided you toward doing your best at school, you thrived in studies, sports, band and social clubs. You yearned for educational excellence. You drove yourself on the athletic field. You excelled in jobs and responsibilities. Your “performance” drove you to greater skills, talents and activities.

If, during your formative years, you suffered from parents who lacked parenting skills, or perhaps treated you poorly mentally, physically and emotionally—you face different challenges on your road to excellence. At all times, you remain at choice.

The one thing that life offers: you may choose excellence or mediocrity; justice or injustice; financial freedom or penury; health or lack of health; choice through action or scarcity through inaction.

If you reached 18 and you enjoy excellent health, you may choose to continue your education via college, vocational tech school, night classes, remedial classes, specialty courses and many more educational avenues. Yes, you may have to work nights and go to school days or vice versa. In this society,

unless you enjoy musical talent like Taylor Swift or you command an artist's brush—you need more education to move toward your destiny.

Consider these questions:

- ◆ Where do you want to go with your life and how can you discover your talents?
- ◆ Do you feel optimistic about your future and/or how do you figure out how to be optimistic?
- ◆ What turns you on to get excited about moving into each new day?
- ◆ How do you take control of your future?
- ◆ What would make you happiest in your life at this point in time?

If I can bring any words of wisdom on how to live a fabulously happy life, I recommend: reading, reading and more reading.

Reading feeds your mind with the wisdom of others who have gone before. Each non-fiction writer spills his or her guts to you. They share their secrets.

Right now, I am reading a book by Jon Gordon: The Energy Bus—Ten rules to fuel your life, work and team with positive energy.

He shows you how to identify your strengths, focus on your dreams and manifest your highest function and performance. Yes, other writers give you similar ideas on maximizing your life—and, they might resonate more with you. This book gives you a start. Try it out like a new pair of shoes. If what he says inspires you, go for it.

Realize that the “universe” or the “Great Spirit” conspires in your behalf. You may use positive energy to drive your life toward your best performance and highest function. Inculcate the lessons, apply the learning, take action and live your dreams.

As Robin Williams said, "Please, don't worry so much. Because in the end, none of us have very long on this Earth. Life is fleeting. And if you're ever distressed, cast your eyes to the summer sky when the stars are strung across the velvety night. And when a shooting star streaks through the blackness, turning night into day... make a wish and think of me. Make your life spectacular. I know I did."

So can you!

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