

# “TGIF” Can Be Hazardous To Your Health (And Wealth!)

Certainly you’ve heard the phrase: “T.G.I.F.”

I bet his Monday isn’t as good!

Thank God It’s FRIDAY!!!

It’s the adult version of what I remember kids saying at the end of every school year ...

“No more homework, no more books!  
No more teacher’s dirty looks!  
When the principal rings the bell ...  
Drop your books and run like hell!!!”  
(SIGH!!)

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Why do we celebrate “getting through” school?

Let’s stop and analyze that.

Kids go to school to subconsciously “get through it.”

Just to go start working for a boss Monday through Friday and “make it to the weekend.”

REALLY?

Is that just the most insane thing you've heard ... EVER?

What a recipe for a disastrous life!

Where is the FUN?

Where is the JOY?

Where is the "LIVING" ... if all we're looking to do is "get through" the school year and/or work week?

I think you see the point here.

So getting back to the "T.G.I.F." statement.

If you're TRULY finding yourself thinking about the "weekend" all week long ...

Week after week ... month after month ... year after year ...

It's time for a WHOLESALE change, wouldn't you agree?

I was very fortunate to recognize this pattern early in life. My "teachers" were the many unhappy adults (co-workers) I encountered who were "stuck" in their "day-to-day" routines. (I was only 18 at the time. It was a summer job. My "exit strategy" was going back to college for my 2nd year).

I sensed the displeasure in many employees, so I'd occasionally ask, "Hey, Frank, if you're not really happy with this job, why not move to where you want to live; or go back to school to pursue \_\_\_\_\_; or submit a resume for that dream job you've been thinking about?"

It took me a few years to really understand what was going on here.

Of course, the answer was, they'd GIVEN UP!

Being stuck sucks. The good news is you can break out in a big way at any moment. How about ... NOW?" 

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Imagine the insanity of letting go of the dreams for your life ... the hope ... the possibilities ... the joy ... the excitement ... the "game" ...

Actually ... that's pretty damn depressing! LOL So let me get back to what it feels like to LIVE life!!

Think about the times you've "lost track of time" ...

Hours pass. You forget to eat. Maybe you forgot to make dinner for the kids! (LOL!)

You're TOTALLY engaged. Maybe it's 12:30AM and you're FIRED UP because you've been writing your masterpiece for the last three hours and just now saw what time it is!

Or ... you wake up WITHOUT an alarm clock at 5:30AM with excitement, enthusiasm and great energy (even though you only had 4 hours of sleep!)

Maybe you've had that feeling of "counting down" for a vacation ... and on the day of the trip ... it's SUPER easy to get up EXTRA early because you KNOW how much FUN it's going to be for the next 1-2 weeks!

Just another exciting day for the Knecht family!  
(Here we are at Disney World – June 2013!)



Well ... imagine with me how it'll feel to wake up like THAT ... every day!?

THAT is the difference between LIVING and just existing.

Which do you prefer for yourself?

More importantly, if you have kids and/or grandkids, which would you rather demonstrate for them?

They ARE watching ... and they ARE taking notes!

Just like I was watching my parents and grandparents growing up! ☐

Choose wisely. LIVE life. LEAVE a legacy! Thanks for checking in today!

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