

Life As I See It

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Have You Ever Had "That" Feeling?

Have you ever had that feeling that you wanted something better?

I'm having that feeling today.

I know there's way more to life than I've achieved already (and I would say I can pretty much do what I want, where I want, with whom I want to). There's just *something* more...

Have you ever had that feeling?

If you have, what do you do when you get that feeling? Do you take any action? Do you do anything different? Or...do you just take it all as some "spark" of inspiration, and move along "ho, hum" in your life.

I'm telling you not to ignore that spark.

When I get the "spark", I take action on it. I think very deeply about what that spark is trying to tell me, and make whatever changes necessary to live it.

Our brains are a gift people, don't waste them on watching another episode of Law And Order Criminal Intent...instead, listen to your brain...and act on the feelings it provides you.

Does Life Seem To Move "Too Fast" Sometimes?

Life moves too fast sometimes.

You can text while you're driving, because you "gotta" get that message RIGHT NOW before you get to the same person's house whose texting you in 11 minutes.

11 minutes...you're gonna see that person in 11 minutes...why do you need that text message?

Nothing could be THAT important, could it?

Life moves too fast.

Shopping in the mall I watched as teenagers called each other on the cell phone from 100 FEET away from each other.

They couldn't get close enough to have a personal conversation, oh no, it was obviously important enough that they stay right where they were and talk on a cell phone.

Wasn't it?

Life moves too fast sometimes.

Since we only have one life, one time on this earth, don't you ever want to slow down and enjoy it? No cell phones, no text messages, no laptops...just talking to and enjoying being around the people in your life that you love. Or, enjoying nature and the things that life provides when you slow down enough to *really* see it.

Or, has "artificial life" taken over your life?

Think about that today.

What Keeps You Up At Night?...

What keeps you up at night? What would you like to do, if there were no barriers?

Why aren't you doing it?

I've asked this question of many people...and most can't answer it. Most refer back to "standard" answers like:

- I couldn't risk doing that right now...I've got to pay the bills. (what if you could do what you wanted, AND pay the bills?)
- Maybe I'll pick that up as a hobby sometime. (what?)
- These are just pipe dreams. I've got to keep my "real" job. (J.O.B. = Just Over Broke)
- And on...and on...

If it keeps you up at night, that's your body's way of telling you that is what you need to be doing.

So, when the pain finally exceeds the "pleasure" of keeping that standard job (which most people really don't like)...then it's time to live.

We each hold inside of us a "person" that wants to come out...and that person inside is ready to deliver to the world something extraordinary.

We're waiting...

Life Isn't A Race To The Finish Line

"I've gotta paint my house." (do you? or do you just need something to do?)

"We've gotta get these bushes out of the backyard by Fall." (we do? last time I checked, we can always do it next year)

"I've gotta pull an all-nighter just to get this done on time." (really? did you fuck up the management of your time to begin with? or are you going for 'status symbol' here?)

Jesus people.

If you keep running towards the 'finish line' of life, when do you stop to catch your breath? And why is it we attach some fucked up status symbol for 'sacrificing' so much of our lives to get things done?

What...the...hell?

Who really cares that you work 80 hours a week doing a job that should only take you 30 hours a week to complete (yet you, for some fucked up reason, stretch it out to 80, then brag about it to your coworkers)?

Here's a little insight, nobody really cares. They are all too busy with their own lives to care about your all-nighter or 80-hour week. People might give you a pat on the back of some sort, but at what expense?

Do you really lack self-confidence so much that you need those little, tiny "hoorays" to function in life? (like the typical, 'I need my 15 minutes of fame' person the news media finds to interview when they bring you "live" to a scene)

So what do I mean by the title to this post?

Simple.

Walk through your life...don't run. It never has been, and never will be about *how much* you get accomplished...rather it's the *quality* of what you accomplish that matters.

We can get *how much* from anyone...are **you** willing to step up and offer us *quality*?

One Of Life's Most Powerful Questions...

Most people just surf through life like "drones", doing whatever comes along, being "busy" for busy sake, and hating their jobs.

These people never ask an all-important question:

Why?

- **Why** do they continue working at a job they hate, wasting their lives for the illusion of "retirement" (over 80% never have enough money to retire on to begin with).
- **Why** do they work 40-plus hours a week for "status"? (your sacrifice doesn't even go noticed most of the time, and is expected the rest of the time)
- **Why** do they "settle" at all? (there is some quote out there that says what you settle for is what you get, no matter how bad it is, or something like that)
- **Why** do they allow other people to control their time? (if you don't control your time, someone else will do it for you)
- **Why**, if other people are controlling their time, do they complain about being so "busy", when it was their choice to allow other people to control their time to begin with? (you know, you can say no right? It's ok)
- **And on, and on...**

We all make conscious choices that allow our lives to be shaped, when we slow down or stop making those choices...outside influences do that for us...and we have to live with the consequences.

So start choosing to live, always ask [why](#), and enjoy your 70 or so trips around the sun.

Isn't It Time You Shipped?

My neighbor hates his job.

He struggles to go to work each day, worrying about what his boss thinks...getting pages every day while he is at home...all from a 9 to 5 that pretty much runs his life in his mind.

But yet he still goes...

He has this talent for writing absolutely stunning short stories and essays. He has a talent for speaking in front of groups of people at his hated job.

Yet still hasn't shipped any of that to the world however.

He's 49.

I've asked him, *"Why do you go to a job you hate, working with people you hate, earning a wage you hate?"*

He replies *"Because I have a secure income, and in this economy..."*

I stopped him from finishing that statement.

I get sick to my stomach every time I hear it from someone in his position (and boy is there a lot of people in his position).

So I asked him, *"Don't you think it's more of a risk going to a job you hate when you consider the risk to your health, the stress, and the impact on your family, and such?"*

(because I've been in the same position myself)

Then I asked... *"And... how bad could it really get if you tried to use your gift of writing and speaking to form a work-at-home business...even if it took several more months at night when you get off of work to start the business?"*

He couldn't answer that question...but he is thinking about it.

Isn't it time you shipped your gift to the world?

We're waiting. 😊

The 80/20 Rule And Life...

The Pareto Principle (the 80/20 rule):

The Pareto principle (also known as the 80-20 rule, the law of the vital few, and the principle of factor sparsity) states that, for many events, roughly 80% of the effects come from 20% of the causes.

[From Wikipedia](#)

Based on this logic, there are a number of lifestyle changes you could, and should be making or have made which would probably have a significant impact.

A few of many examples:

- **When you clean your house**, should you spend all-day cleaning it? Do people really care if you make it perfect? Or, could you clean it "most of the way", and actually enjoy life a little...knowing people probably won't even notice the parts you didn't clean?
- **Could you shift your focus towards only doing 20%** of the projects you want to accomplish in a day/week/month if you focused on the most important ones? This is of course with the understanding that by doing the most-important 20%...you will get 80% of the results of doing it.
- **What if you only picked the top 20% most-important** of all of your "required" commitments, could you ditch (or say no) to the remaining 80% and live life the way you wanted to during that newly found time?
- **And on...and on...**

There has to be a number of things that you can think of...

...where if you did the most-important 20% of those things...

...that got you 80% of the results given by doing those things...

You could **forget doing** the remaining 80% of those things altogether.

What I've revealed here is a big, deep, secret to my life that has allowed me to enjoy life at a pace and with a quality that cannot be matched.

Get to it.

The Phone Rings... And The Sad Thing Is... You're Probably Getting It

I'll bet that if the phone rings while you're reading this, you'll run from here to that phone (or pick it up) and answer it, no matter what.

Ring ring!

But why? Isn't that what answering machines and voice mail is for?

Imagine if you were the one in control of your time, and didn't have to run across your big house to get it...just to hear one of those annoying telemarketers on the other end.

I know there's a such thing as caller-ID, but why run across your house to look? Why not finish whatever it is that you're doing...THEN answer the message you get on your machine or voice mail?

And before I hear a "*But it's rude not to answer the phone when it rings*" or any thought that even comes close to resembling that...**it isn't.**

So, I challenge you to turn your ringer off, and check voice mail (or your machine) when YOU want to...not because that ringing sound made you.

At first, it will be challenging, you think that there "*could be an important call you're missing.*"

But I'm not asking you to NEVER answer your phone, just not on its command...instead on yours. Even if the call is important, NOTHING is important enough to keep you running back and forth every time the phone rings. (you'll actually discover that 95 out of every 100 calls or so aren't really that important at all)

Plus...

The feeling of liberation you'll feel when you're back in control of this part of your life will astound you.

So get to it...regain some control of your life.

Living Life Like A Dog On A Chain...

The boss calls...you have to give up your dinner again...

...the doctor needs you to do those tests on Friday..

...the phone rings and you're on the other side of the house...

...you just gotta send that text NOW, because who knows what would happen if you waited for an hour...

...sacrifice, sacrifice, sacrifice...

Living life like a dog on a chain is great right? No?

Anyone who says you HAVE to live life this way is feeding you a steaming pile of cow dung...**period.**

And, on top of that, there is only one person to blame when you feel like you're being "pulled apart" by life in general...or when it seems like you're too busy.

You.

You and you alone make a conscious choice to accept all of these interruptions, to live life according to when "they" (whoever "they" are) schedule it for you.

If you don't take control of your time, someone or some event will gladly take control of it for you.

Think about that today.

If You Don't Live Your Life, Others Will Be Happy To Control It For You...

I love it when people say things like:

"Oh, I'm soooo busy right now with 'stuff'/'this thing I've gotta do'/etc..."

"I would like to do _____ , but I've gotta attend/do _____ "

And on, and on...

What. The. Fuck?

Are you serious?

Hey folks, if you don't control your time (read: live life the way YOU want to, on YOUR terms)...then other people will be happy to control your life / time / activities for you...if you let them.

Notice the common theme here?

If you complain about "not having the time" to do anything it is you want to do, then you probably allowed this to happen in some form (letting someone else control it for you).

Unbelievable. If you don't want to do something, don't. No one said you HAD to do certain things, attend certain events, be a "team player" etc...

In every case, it was YOU who decided to let those things happen...period.

A parting thought for this rant...

Is it your life or "theirs?"

The Internet Is 24-7 But Does Society Have To Be?

The Internet is always on.

The mobile networks are always on.

But does society have to be "always on"?

No...it doesn't.

I mean fuck people, there are people walking around texting while walking across streets, can't they just walk? Can't they just have a regular conversation with their friends (who they ignore while they text)?

I can't even try to count the number of people I'm seeing who seem to have to be "doing something" all the time. And I don't mean enjoying life.

I mean working 40 hours or more a week (we're about the only country in the world that still does)...I mean always "working on the house"...always texting, emailing, blogging, what...the...fuck...ever.

They just keep going, and going, and going.

Fuck.

It's frustrating to see people just let their lives run on a bad form of autopilot. It fritters away...then one day they wonder where their life went.

Is this you?

Stop it. Today.

"Business As Usual" Doesn't Work Anymore (Listen Up Old-Fashioned People)

If you're old-fashioned... wanting to travel back to a time where teenagers "fell in line" and went outside to play, then returned to working out in the fields... I've got bad news for you.

That doesn't work anymore.

If you're old-fashioned, wanting to remember a time when these "con-fangled" computers didn't exist and people used to talk face-to-face... guess what? Those days are very slowly coming to an end, barring some massive shift.

Business as usual doesn't work anymore. If you're old-fashioned, and too stubborn to keep up with the times... get ready to get left in the dust.

In a few years we might not have a Postal system, so what are you going to do when that happens? This won't affect most of us, because we pay our bills online, we use our mobile phones, we use the Internet etc..

Are you just going to keep being stubborn? Are you just going to keep whining about "how things were"? Or, are you going to quit making excuses... and just learn the basics of the Internet?

The choice is yours... but business as usual doesn't work anymore.

I hope you've enjoyed this little collection of essays... but more importantly... I hope you do something with what you've read here.

Now.

Seriously.

You aren't doing anything... are you?

Until the next time we look in the mirror together,

Joseph Ratliff