

Moving You Forward: One Thought at a Time

Clay S. Nelson



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Preface

The collection of “thoughts” contained in this book represents several years of musings on topics ranging from taking on leadership in a more powerful way to simply enjoying the way the sun feels as its rays soak your face.

These thoughts, some more intense than others, are meant to inspire and move the reader. These thoughts are my gift to you. They are meant to make a difference in the world, one musing at a time.

So as you read the following pages, soak in the lessons there are to learn. Read one thought a day, reflect on what there is for you to learn, and commit to putting into action the golden nuggets you receive, one piece at a time.

Clay

Special Thanks

This collection of thoughts is dedicated to my wife. Thank you, Susan, for giving me the room to make a difference on this planet, for providing your editing skills on this and many other projects, and for being my rock and my love.

Thank you also to Beth Geier, my executive assistant and my best friend. Your daily support and commitment to Susan and I, and all those we serve, made this book possible. And, I am truly blessed to have you in my life.

Finally, to Diego of Berber Studios. Thank you, my friend, for your tireless work in designing this book. You have been a member of my team for many, many years, and I appreciate all you have done, and continue to do, in support of the difference I am committed to making on this planet.



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Introduction

In today's ever changing world, oftentimes we need something or someone to keep us grounded in who we are, what we are committed to, and our purpose on the planet. Yes, staying "grounded" sounds like a full-time job, but it doesn't have to be. Everything there is to know about creating the life you say you want to have, obtaining the job you desire, or having a fulfilling relationship, is already inside each and every one of us. However, we tend to let the circumstances of our lives and the world around us bury the unstoppable, positive, and loving people we all have the potential to be.

What? You don't think you can have anything you say you want? Okay, I'll bite, but one question first. Have you ever been a child? Raise your hand! Of course you have! And who are the most unstoppable people you know? Children!

Since you were once a child, you also knew what it was to be unstoppable. Of course, "unstoppable" wasn't the word used to describe our passion for loving, learning, and growing with the world around us. More often than not, our zeal for life as children was

described as ornery, mischievous, spoiled-rotten, and curious, but *unstoppable* is what was at the root of how we, as children, went about living and growing in the world around us. So, if we've been unstoppable before, we can be unstoppable again.

To be unstoppable, we simply have to get back to thinking like a child. We have to give up worrying about what others think. We have to give up our fear of being told "no." We have to breathe in life and really get the gift that it is. We have to choose to create our own destiny, instead of being victims of it.

Our lives are what we make them, and no matter how great our intentions are, our heads (our worries and fears), and our perceptions (for instance, that we don't have enough time), can get in the way. So, no more excuses. Moving forward, you have in the following chapters, golden nuggets of opportunity—broken down into small, easy-to-read snippets—for keeping you present to the life you are living; for keeping you grounded in who you are; for keeping you focused on the goals you want to attain; for lifting you up when the world is beating you down. Read them... use them... and love the life you are living NOW.



Chapter 1

Thoughts on Choice

You are the only person who has a say in how your life turns out.

The background of the page features several dandelion seed heads in various stages of blowing. Some are fully formed with many seeds, while others are just starting to disperse. The lines are thin and light gray, creating a delicate, airy feel. The text is positioned in the center-right area, overlapping the dandelion stems.

Chapter 14

Thoughts on Setting Your Course for a New Year

*Don't beat yourself up...The world
will do that for you for free.*

It will take your commitment and leadership to continue working the plan for this year, while creating and writing the plan for your future!

I have some shocking news! You better sit down...

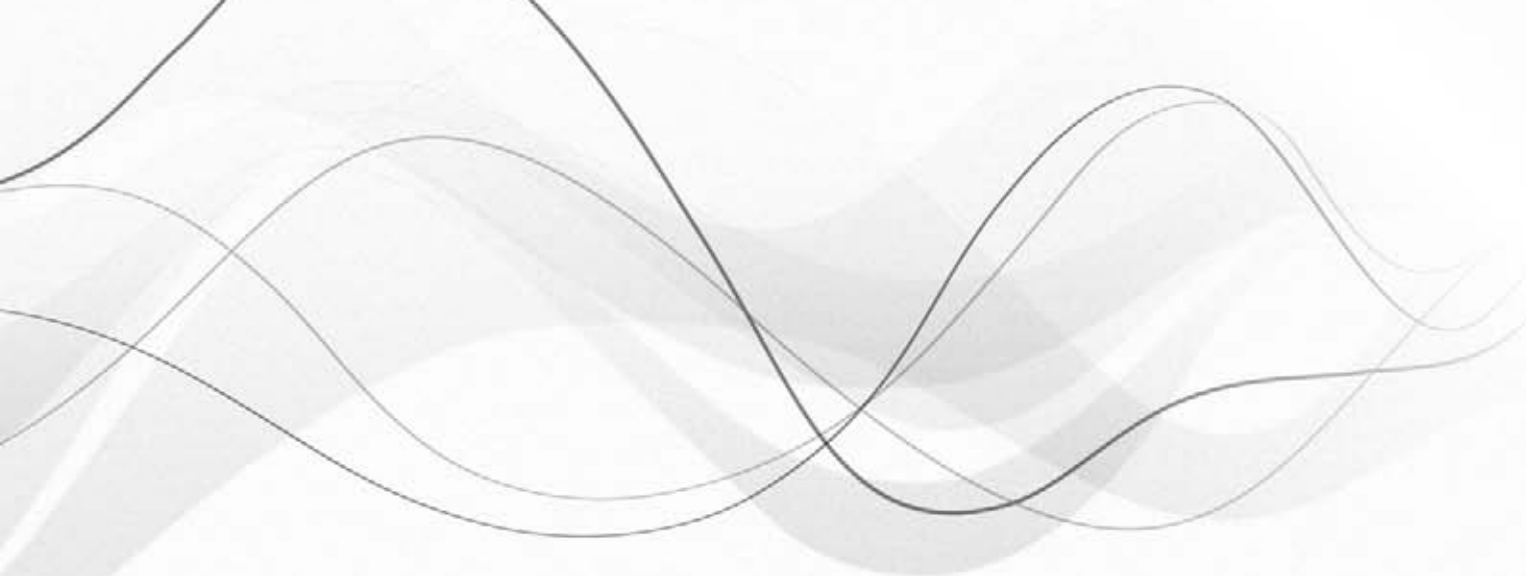
Here it is. The end of the year is only about 4 months away. That's right! It's time to start planning for the New Year, if you haven't already. And, although this year is passing by quickly, you still have time to make a GREAT plan for next year—if you start now.

Is this you? "But I'm too busy with what my plan for this year has me doing!" If so, then you need to refresh yourself on the art of delegation, get out from under that pile of tasks, and get working on your plan for next year. It doesn't have to be hard and it doesn't have to take a lot of time, but it will take your commitment and leadership to continue working the plan for this year, while creating and writing the plan for your future!

Get going and have some fun along the way.

 **Remember:** There is no "fun prison"!

Just a thought.
August 2004



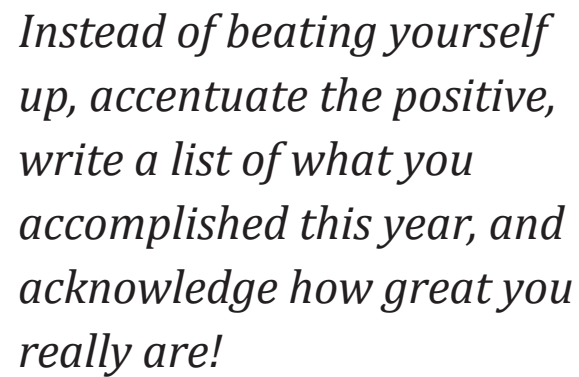
Do you want to get your New Year off to a great start?

Write down everything you accomplished from January 1 to December 31, and be sure to give yourself a hearty pat on the back for a job well done!

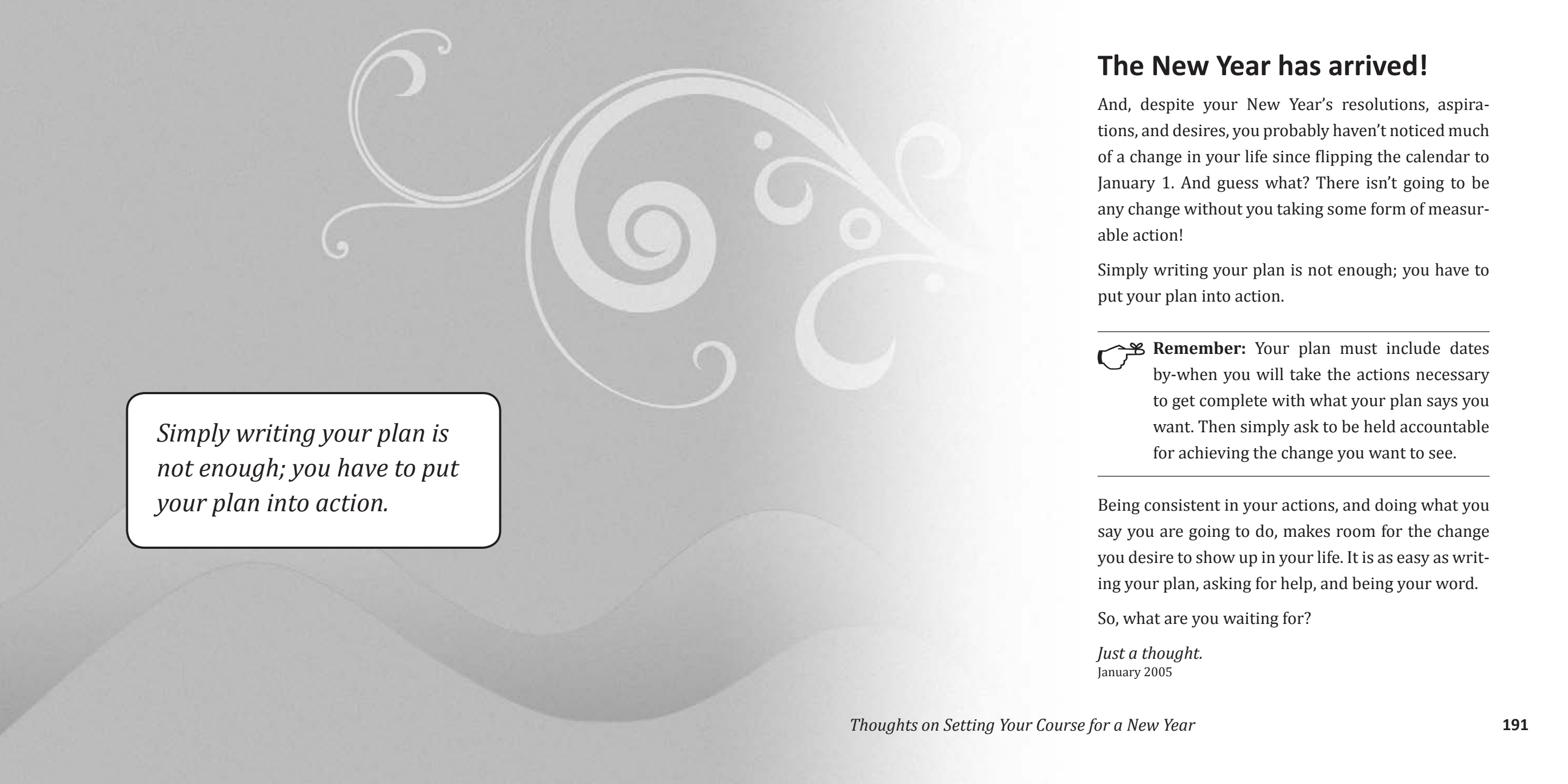
Our minds focus on what we didn't get done, instead of what we did do. So, instead of beating yourself up, accentuate the positive, write a list of what you accomplished this year, and acknowledge how great you really are!

Standing there, you can powerfully create a plan for moving forward in the New Year. It really is that simple, and it is one of the greatest gifts you can give yourself this holiday season!

Just a thought.
December 2007



Instead of beating yourself up, accentuate the positive, write a list of what you accomplished this year, and acknowledge how great you really are!




Simply writing your plan is not enough; you have to put your plan into action.

The New Year has arrived!

And, despite your New Year's resolutions, aspirations, and desires, you probably haven't noticed much of a change in your life since flipping the calendar to January 1. And guess what? There isn't going to be any change without you taking some form of measurable action!

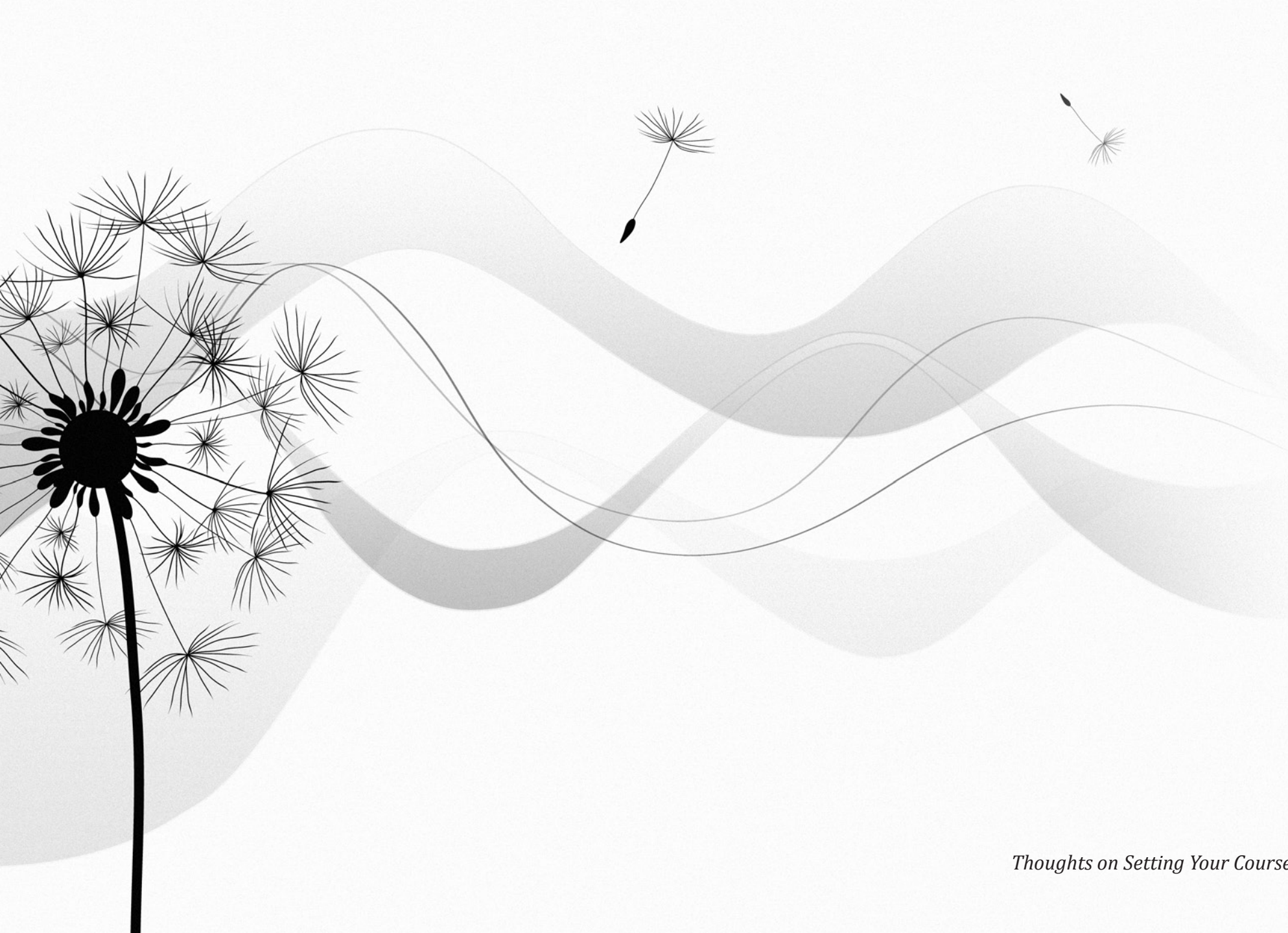
Simply writing your plan is not enough; you have to put your plan into action.

 **Remember:** Your plan must include dates by-when you will take the actions necessary to get complete with what your plan says you want. Then simply ask to be held accountable for achieving the change you want to see.

Being consistent in your actions, and doing what you say you are going to do, makes room for the change you desire to show up in your life. It is as easy as writing your plan, asking for help, and being your word.

So, what are you waiting for?

Just a thought.
January 2005



The New Year is well on its way.

Are you already feeling behind, and wondering what happened to all the free time you thought you'd have after the holidays to accomplish certain tasks?

If this is where you are, you are not alone. Time has a way of ticking away, and before we know it, life has once again gotten in the way of our getting what we want. Or, shall I say, we have allowed life to once again get in the way. Now, don't start beating yourself up. It's not too late to get the New Year off to an outrageous start! Take control of your life NOW with these simple suggestions:

Take care of yourself first:

Did you make a New Year's resolution to get back to the gym? And how much time have you spent at your gym since making that resolution? Without really committing to your well being and being in action, how do you expect to ever feel anything but "behind"?

Get your business plan finished—now:


Mark off the time on your calendar right this minute. If your plan is already in place, then good for you. Double-check to see if all your "by-whens" are in



place to make it happen, and use the plan religiously. Don't allow it to gather dust! This is your chance to give your world—your business and family—the shape and focus you want, despite the circumstances around you. Your plan can serve as a reference point—an anchor for any rough waters that may be ahead, and a platform for catapulting your dreams, your company, and your family forward!

Give up trying to control things that you can't:

What goes on in the world is often worrisome. Yet, who you choose to be in spite of it, will make a difference. Rome was not built in a day; babies do not begin walking with giant leaps forward; and tolerance and love for our fellow man are not cultivated easily overnight. Yet, what if every person on the planet chose to be, in their own way, peace, tolerance, respect and care?

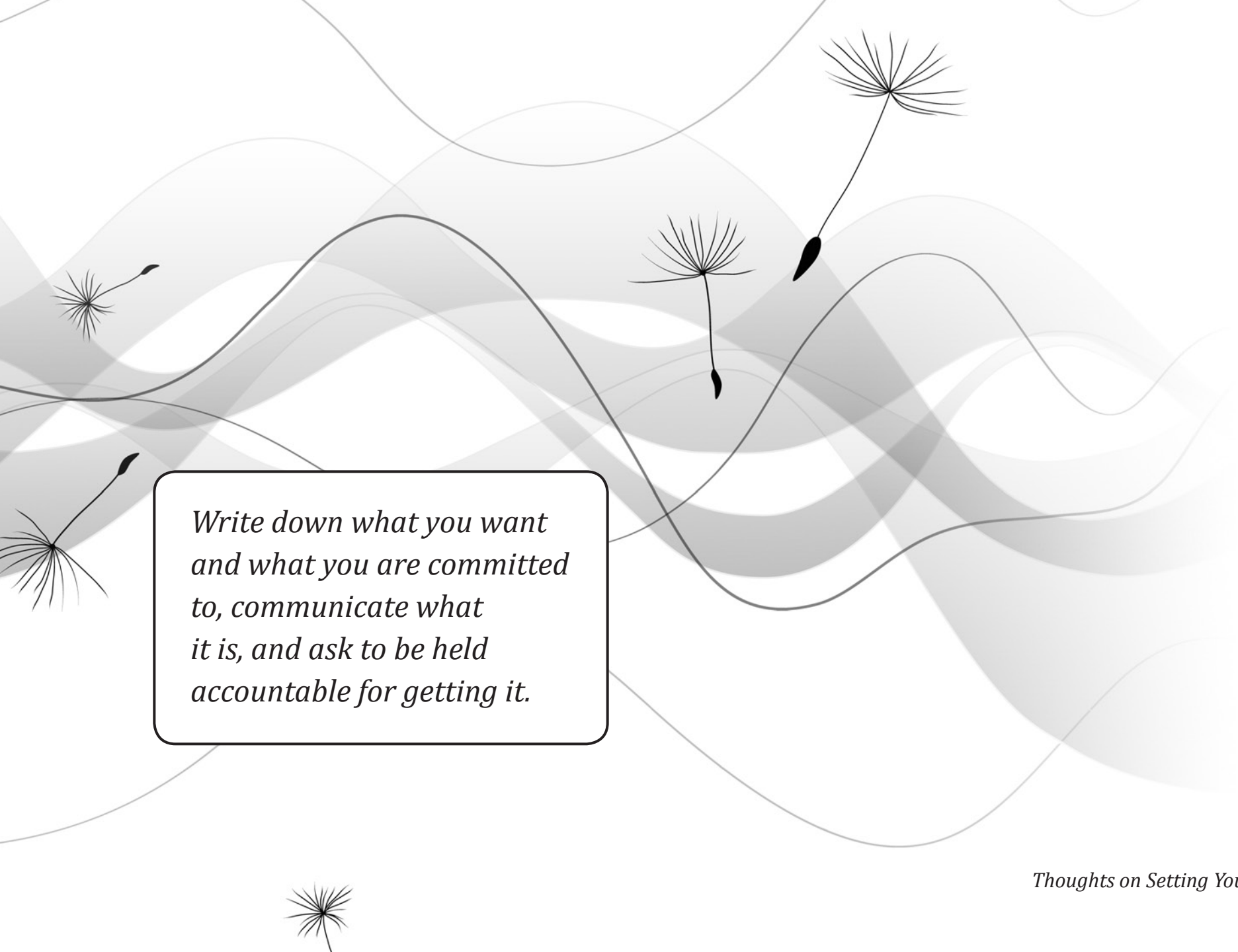
 **Remember:** The only thing you can control is you. As far as the rest of the world goes, the only thing you can control is who you choose to be in the face of it.

Give up that you have to know right this minute “how” it will all play out, and let your commitments keep you focused.

Commit to Be: With your plan in hand, ask yourself: Who do I have to be as a leader to weather uncertain circumstances? Who do I have to be in the face of it all to have my life be the way I want it, and to also contribute and make a difference in those places I can?

The key is to start in your corner of the world. Write your plan. Use the team you have built to hold you accountable for following the plan. Give up that you have to know right this minute “how” it will all play out, and let your commitments keep you focused. Are you committed to world peace? Then allow your family and business to be your contribution toward peace. Make your world one of respect, care, tolerance, and love. With these, and the other suggestions listed above, there is no way you can lose in the New Year.

Just a thought.
January 2003



Write down what you want and what you are committed to, communicate what it is, and ask to be held accountable for getting it.

Did you make a New Year's resolution?

Have you kept it thus far?

There are all sorts of reasons why people fail to be their word around the resolutions they make on January 1st. As far as I'm concerned, the number one reason why New Year's resolutions don't stick is because most people don't write them down.

Think about it. If you can't put into writing what you want, you can't speak or communicate it to anyone. If you can't communicate what you want, you can't ask for the help or accountability you need to get it. If you can't ask for the support you need, you won't get what you want, at least not easily, which is why people give up!

So, make your New Year's resolutions stick. Write down what you want and what you are committed to, communicate what it is, ask to be held accountable for getting it, and go for it!


Just a thought.
January 2006

You can choose to work through the circumstances of life or you can be stopped by them.

By the end of January, statistically, most New Year's resolutions have already fallen by the wayside.

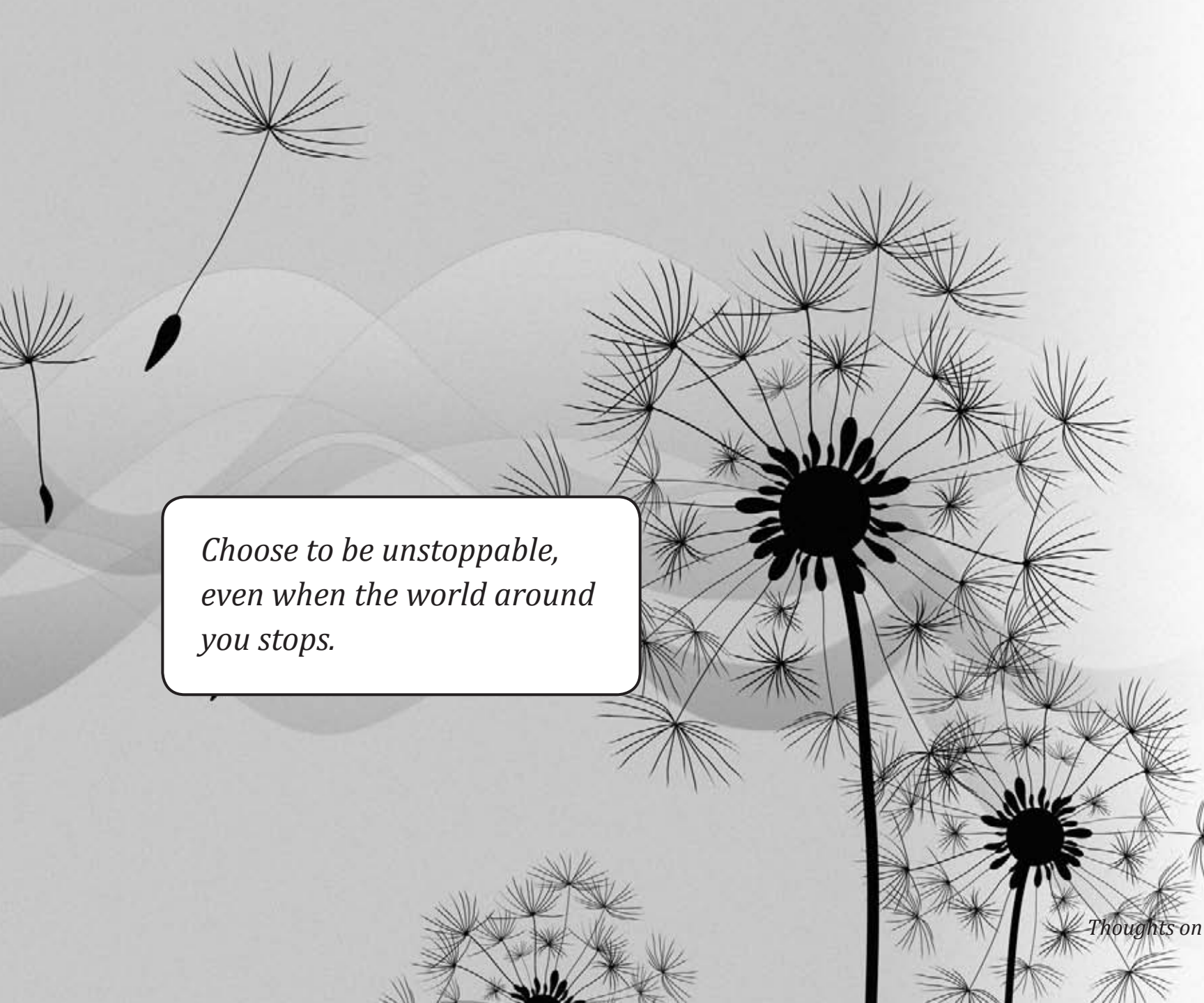
Why is that?

We allow life and its circumstances to get in the way of our commitment! So, to get back on track and stay there: put your commitments in writing, ask a trusted friend to hold you accountable for doing what you say you are going to do, and don't give up, don't give up, don't give up!

 **Remember:** You are the only person who has a say in how your life turns out.

You can choose to work through the circumstances of life or you can be stopped by them. I choose to be unstoppable. How about you?

Just a thought.
January 2008



*Choose to be unstoppable,
even when the world around
you stops.*

We've now ushered in a New Year.

Is your life somehow instantly better?

Are you happier? Probably not!

It takes much more than a flip of the calendar to make positive and lasting change; it takes commitment, being present to your power, and being powerful in your own behalf.

Having a great New Year also takes forgiveness (mostly of yourself), getting back to the core of who you are and why you are on the planet, and an unflappable plan of action that keeps you on course when the world threatens to derail you! No one can stop you but you.

So, choose to be unstoppable, even when the world around you stops... choose to have a say in how your life turns out... love the life you live... and you will have a great year!


Just a thought.

January 2009

*I choose to learn, teach, love,
laugh, and be unstoppable
everywhere.*

We've closed the book on yet another year.

A year many people would rather forget. Yet, what golden nuggets of insight did you learn from the circumstances you faced in the past year? Behind every circumstance we face, there is an opportunity to learn about ourselves and the world around us. We have the chance to bolster our resolve; we have the chance to make a difference; we have the chance to love those in our lives and appreciate what we have much more deeply. But... we have to choose to! So, this year, I choose to learn, teach, love, laugh, and be unstoppable everywhere.

 **Remember:** You are the only person who has a say in how your life turns out.

What do you choose?

Just a thought.
January 2010

About the Author

An executive business coach, Clay Nelson is no ordinary, fly-by night, new-to-the-game coach! Clay Nelson has been coaching executives, their teams, and family members for over 35 years. He is not a textbook-trained coach, but rather a coach trained by life!

Coaching from the core fact that growing people is the key to growing any business and maintaining an energizing personal life, Clay has helped countless business executives and their teams come together to not just improve their businesses, but to improve their lives. Clay's personal and entrepreneurial life experiences, years of coaching, and his natural abilities to listen, motivate, teach, and develop leaders is what makes him stand apart as a leader in the field... committed to making a difference wherever a difference needs to be made.

Clay Nelson is also a well-regarded motivational and educational speaker, providing outstanding programs customized to the audiences he is speaking with. Able to speak on any number of work, life, leadership, planning, and communication topics, Clay Nelson is known for moving audiences from the status quo to action as they create the businesses and lives they say they want to have.

Clay is the father of three grown children, and he lives in the mountains of Bozeman, Montana with his wife, Susan, his trout rod, and his furry family members, Hitch, Huey, Brandee, and Moose.

