



Enjoy Your Wiggle

by Bob Whipple, MBA, CPLP

How do you feel about being you? Be truthful with yourself, and think about how much you like yourself right this moment. This article, hopefully, will shock you into a different frame of mind relative to your happiness and the quality of your life.

I teach many online courses, and deal with students from all over the world. I recall one interchange between a student living in a frigid part of the USA and another student in Hawaii.

At one point, the student who lived in Detroit was lamenting another dreary day, and he had reached the breaking point. His comment to the student in Hawaii was, "Well, I have to take responsibility for my own misery. After all, I chose not to live in paradise." I immediately wrote to the complaining student reminding him that "paradise" is a state of mind rather than a state of the Union.

There are numerous things that gauge the level of satisfaction and happiness we milk out of living. This article focuses on one's perception of self. Most of us are in the middle of a long progression of the days of our lives. It feels like we have been around forever, and we have a long way to go before somebody puts us in a pine box. We live each day reacting to the forces and challenges that hit us. Some days are good, and others are bad.

We are what we are because that is what we have chosen to be. Many people go through life being unhappy with themselves and blaming others or circumstances (like if I only had a smaller nose). We have such a short time on this planet, and it would be smart to be happy with ourselves first and foremost.

Nobody else has to wake up with you and be with you 100% of the time, so if you are not happy with yourself, the quality of your precious life is diminished. Who would be to blame for that? Hmmm...let me think.

My observation of our lives in the grand scheme of the universe and the ages is that

human beings are all like little worms. You have to go up only a few miles and look down through a telescope, and you can observe us all wiggling around all over the world as we move through our day.

We show up and wiggle around for a fleeting 80 or so years, and then we are gone. Eighty years in celestial time is hardly a blink. Better make sure you are enjoying your wiggle. Our possessions that we covet, our money that we lust after make very little difference in the end. All that matters is how much of an impact we have managed to have on others, how much love we have generated, and how much we have enjoyed our wiggle.

What are some of the things that contribute to enjoying your wiggle? Here are a few examples. (Note, this list is not exhaustive.)

Making a contribution: We all make contributions, both good and bad. If you have provided one shred of thought that has been recorded and provided value to other people, you have made a contribution. Two shreds counts for double that value, so provide many shreds of value to the advancement of society.

Finding honest love: If we feel deeply in our soul that we have loved the people in our lives, then we go to our grave reflecting on a life well lived. This, of course, includes family, but it also includes heroes, mentors, classmates, pets, friends, grocers, ducks, lamps, books, and any other person or thing that we truly love.

Believing in an Infinite Power: Many people think of this as religion, but it really covers the entire realm of spiritual awareness. I do not know about you, but I really do believe that something is guiding my steps at times, and it is not just me. There have been too many remarkable surprises handed to me in life for me to take credit for thinking them up or for them to be just random coincidences. You can call it what you wish, but there is an Infinite Presence there somehow.

Helping others: Whenever you give of yourself to help another, you feel great about yourself. That effort is a really good wiggle in your daily routine. The help can come in any form, and the only criterion is that at that time you were thinking more about the other person's situation than your own. The help could be financial, physical, emotional, or even comical.

Making something: To create a thing of beauty, or even ugliness since beauty is subject to interpretation, is a good wiggle. Some people are really good at this, like my father, who painted over 2000 fine watercolor paintings after the age of 55. Some people create great food or fine woodwork. To shape the elements into a new configuration that has never been done is intrinsically rewarding. Most creations are not marketable, but they are physical evidence that we were around and wiggling happily.

Teaching or mentoring: As we seek to impart some of our wisdom onto other people, we give the gift of knowledge. It is a subset of helping others, but this one is special, because we target the help on an individual who benefits from it. For a person with great insight and knowledge to keep it to himself really wastes his wiggle time. I think it is really difficult to mentor from the grave, although some people do believe strongly in doing it or receiving it, which is part of their own wiggle.

Appreciating what you experience: This attitude is all about not being numb to the beauty all around us every day. Seeing the small acts of kindness of one person toward another brings us joy. Marveling at the beauty of a flower, the taste of raspberry Jello, or the Bach B Minor Mass provides deep joy, but only if you are awake and paying attention.

Loving what you do: The ability to look at each day as an adventure into the possible instead of a drudgery of our current agony is what lifts us up. Hope is there when you enjoy your work and your play. There is a choice you make every day as you wiggle through it.

Those are just eight examples from the top of my head of how to make the most out of your 80-year wiggle. Who knows, you might beat the odds and wiggle until you are older than 100, or you might check out in your 20s. You will notice the absence of wealth or possessions on my list, because I think those things dry up and blow away very quickly after we stop wiggling. In the grand scheme of the world and the eons of time, the only thing that really matters is what you did with your opportunity to wiggle, not how big a pile of clutter you were able to generate.

Bob Whipple, MBA, CPLP, is a consultant, trainer, speaker, and author in the areas of leadership and trust. He is the author of: *The Trust Factor: Advanced Leadership for Professionals*, *Understanding E-Body Language: Building Trust Online*, and *Leading with Trust is Like Sailing Downwind*. Bob has many years as a senior executive with a Fortune 500 Company and with non-profit organizations. For more information, or to bring Bob in to speak at your next event, **contact him at** www.Leadergrow.com, bwhipple@leadergrow.com or 585.392.7763

