

## **Reboot Every Day**

### **by Bob Whipple, MBA, CPLP**

Surprise! This article has nothing at all to do with computers or technology. Rather, it is about the human condition and spirit.

Every day, there is a special moment for each of us. It is that first instant when we become conscious after sleeping. We may have been dreaming or not; that does not matter. That very first blink of consciousness is something marvelous. Here is what I experience, and I am sure it is the same for you.

Blink. "Oh, I am here. Where is here? Who am I? What is my role here? Am I happy or sad? Do I hurt? What's on my agenda today?"

Crossing that demarcation line between the unconscious and the conscious world is a kind of "rebooting" activity where we spend just a second or two getting our bearings.

In that instant of first awareness, we each have a wonderful opportunity. We have the power to choose. Whatever external or internal conditions are facing us, we each have the opportunity to decide how to respond to them. I believe that is what separates humans from other species: the power to choose our attitude.

I believe that the freedom to choose my own quality of life is amazingly liberating. I may be waking up as a prisoner of war or a person with a terminal disease or a hangover. In that first blink, I may realize that I have been out of work for six months, or perhaps yesterday I won the Nobel Peace Prize or an Olympic Gold Medal.

Regardless of the miserable or delightful circumstances, I remember my conditions as my brain reboots each morning. I still have the opportunity to choose how I wish to respond to those conditions. Unfortunately, most of us quickly jump to a fatalistic view that we are powerless to modify the quality of life, which is where the opportunity lies.

If we can push the "pause" button in our thinking long enough to suspend the pain or the negative things that are lurking in a corner of our brain to ruin our day, then we might consider the options. For example, this morning, I awoke at 2:30 a.m. with a

stabbing pain in my right little toe. The pain actually woke me up. There was no reason why there should have been a pain in my toe today. I did not stub it or drop something on it, but there it was, big as life.

I recall lying there trying to figure out what the pain was. Since I had no clue, my brain continued with the rebooting exercise as I began to think about the good and not-so-good things that awaited me today. When a computer reboots, it does not have options for changing attitudes. It just goes through the programs and determines the health of the system with no ability to change its response to certain failures or bugs.

I decided to let my human side take over and process today in a positive light. After all, I did wake up, so I began to marvel over the choices I had today and the multitude of things I could get done. For example, I could create this article, and though I am not revealing any rocket science here, perhaps my thoughts translated through this medium may be helpful to a few people. As a result, I would be using my energy as a positive force in the universe. What better way to start out a day?

Try to make your first moments of every day a special conversation with yourself. Think about the opportunities you have rather than the difficulties you face. I think there is some powerful magic we all share as part of the human condition. Of course, you can wallow in self pity or depression. It is your life to live. I hope you will use this reminder to make a positive contribution to your mental process right now, and especially tomorrow morning.



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