

And...

a OnePageBook™



What are you going to do about it?

Geir Isene and Brendan Martin

You: I lost my job.

Å¹: You did.

You: I've put on so much weight. I look like a fat pig now.

Å: OK.

You: My ex-husband used to beat me. Almost every day.

Å: I hear you.

You: My father abused me and my sister when we were children. He was a horrible drunkard.

Å: Yup.

You: I embezzled money at my previous job. And they nearly found out about it.

Å: That happened.

You: I went bankrupt last year. My reputation is in shambles.

Å: Right.

You: My manager at work is giving me a hard time. I'm feeling so stressed.

Å: True that.

You: I didn't win gold at the last Olympics. I... I only got silver.

Å: Yes, silver.

You: I shagged a sheep when I was a teenager.

Å: Alright.

You: My colleague at work doesn't like me. Actually, I think they hate me.

Å: Shit happens.

You: I missed that penalty kick in the final.

Å: Yes. You did.

You: I haven't been a good husband lately. Or a good father. Or a good boss.

Å: You haven't.

You: I never got to tell my mother I loved her before she died.

Å: Well?

You: I was gang raped when I was 14 by a dozen elderly women.

Å: And?

You: I've been in 150 job interviews without getting a job. It's hard, man.

Å: And...?

You: I was born in rural Africa and had it really tough.

Å: And...?

You: My mother caught me masturbating. That was so embarrassing!

Å: And...?

You: I grew up in the conflict of Northern Ireland.

Å: And...?

You: I had a heart attack last year. I almost died.

Å: And...?

You: I shot the sheriff.

Å: ...?

You: I have a really bad conscience.

Å: ...

And? And...? And what the fuck are you going to do about it? We've been given this 1 in a trillion chance to experience life as a human. You could have been a worm, a fish, a spider, that sheep. You were born as a human with this amazing option of being 100% able to choose how to experience your events. While you are not always responsible for what hits you, you are fully responsible for how you choose to experience it. You are 100% responsible for your own experiences and how you decide to act on them.

Alternative 1: You dwell on the past and keep complaining.

Alternative 2: Come through it. You decide to stop spending energy on what has happened and start creating positive effects.

If you decide to have at least a sliver of free will left, you can choose. Choose wisely.

Your life depends on it.

¹“Å” is the company created by Brendan Martin and Geir Isene: <http://www.a-circle.no/>

This OnePageBook™ is about you taking responsibility for your life – past, present and future.

The publisher, "Å" (A-Circle AS, www.acircle.no) carries the slogan, "Boosting performance". The company helps teams and individuals to higher performance and to reach their potential.

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Photo: Anette Iren Isene

"I decided I can't pay a person to rewind time, so I may as well get over it."
(Serena Williams)

"We must embrace pain and burn it as fuel for our journey."
(Kenji Miyazawa)

"Find joy in everything you choose to do.
Every job, relationship, home... it's your responsibility to love it, or change it."
(Chuck Palahniuk)

"You're never served more than you can handle"
(Anette Iren Isene)

