

Dusan's Apothegms II

- Life is not full of stressful situations. Life is full of situations and the beliefs we hold about them either makes them stressful or not.
- Authentic love is demonstrated in behavior – not in lip service.
- There had to be an interpreter before there was an interpretation.
- Maybe what's missing is that "I'm not willing to do what's required."
- Brief unmitigated speech.
- You have to choose your whole life. The pull is to settle for less.
- Close your mouth when you are not speaking.
- People assume that they have to wait for things that they don't have to wait for.
- What's stopping you from making more effective choices?
- Don't bother to understand it – just "grok it."
- Are you assuming that logic is running the show?
- You are successful to the degree that what you speak and how you live are in alignment.
- Burnout occurs from trying to solve the same problems over and over.
- It's not time management. It's commitment management.
- Power is not given. It is assumed.
- The more you live the less you die.
- I don't know. Let's set up a meeting.
- Every corporate objective has a personal objective.
- I have a PhD in results.
- 11 out of 10 times it's the language in use.
- I have no idea how to answer that question. Why do you ask it?
- One good thing about procrastination is.....
- Nothing happens outside of a conversation.
- Don't manage "trying" as it will break the cause and effect link.
- Go to the trunk and not the branch.
- The magic is in doing it and not thinking it to death.
- What gets measured gets done.
- How much truth do you want?
- Stop judging that you should stop judging.
- If you operate in life like "1, 2, 3, 4, bunny" people will cancel your vote. Go bold and be appropriate.
- Advice rarely adds energy to the system.

- What are you allowing to define you?
- Disobey the chatter and start.
- You don't have to be passionate or believe in yourself. You just have to do what you said you would do.
- It's not about a list of actions but an "inner stance" to come from.
- Remember to forget all of the things you no longer need to remember.
- 100K action plan for the day.
- "Knowing" without "doing" dilutes your strength.
- Is he using the muscle?
- The urge to find out something you don't know is rarely helpful in the long run when it comes to resolving the original problem.
- No you don't want to do it or else you would be doing it.
- Why "that" question at "this" time?
- Objectives – measures – values.
- You can never lose by creating power in another.
- What is your learning edge?
- It's worse than "missing the boat." It's more like "missing the water."
- Some day your "no" will get stronger. It might as well be today.
- Putting on a "dog and pony" show may be profitable but it won't produce satisfaction in the long run.
- What will happen if nothing changes? That IS your default future.
- Most explanations about why people do what they do don't alter performance.
- Don't use this to "impress" your friends or "beat up" your enemies.
- Performance comes down to actions taken by individuals.
- More information does not translate into different actions.
- How situations occur is inseparable from language.
- Motivational talks won't replace the default future one is living into.
- If you think "easy" is hard you will be in trouble your whole life.
- We avoid things in life by "trying" to do them.
- "The Gods favor the bold."
- Your behavior is usually determined by false perceptions.
- It's "always now" and that's really good news.
- Anything that is going to happen means "now it isn't."
- Thinking does not equal perception.
- If you perceive you can't – you don't.
- The five most damaging words are "it can't be this easy."

- Reasons only help you to sound reasonable. They have absolutely nothing to do with getting you what you want.
- Results are a result of the way you live.
- I don't "have to do" anything.
- Do whales have too much to do?
- There's "what I am doing now" and "what I am not doing now."
- I do not use "not knowing" as a justification for "not performing."
- Using softeners will kill the drive to change.
- You did not deliver IS the problem.
- Notice that "willing" comes before "able."
- What you say creates what you focus on. What you focus on determines what you feel.
- Don't give up your life for the crumbs of acceptance.
- Every decision carries with it consequences.
- For some people it's a dream. For some people it's a must.
- You don't get your shoulds – you get your standards.
- How do you hold back?
- Beware of the law of diminishing intent.
- Stop reacting – start anticipating.
- We live in a world of dabblers. Dabbling will never make you happy.
- What controls your life is the meaning you give to things.
- How do you live operationally?
- Change only happens by decision. (A real decision – not a weak prayer.)
- Passion comes from what you love and what you hate.
- All success in life comes from breaking patterns – not getting caught up in a pattern.
- Well schooled and not very educated.
- In the end, it's about doing it.
- Your life will either be a "warning" or an "example."
- The only thing that changes your life is making a decision.
- Audacity has made kings.
- Intellectual yes – operational no.
- Avoidance IS self sabotage.
- The best way to solve your problems is to strengthen your resolve to grow and contribute.
- Your life is the result of your choices.

- You don't worry because you care. You worry because you worry.
- To create a situation you: 1) Speak 2) Do 3) Don't do.
- It's always "what you do" that determines life's outcomes.
- The "wills" and the "will nots" create the "haves" and the "have nots."
- No one is special. It's just that some people are willing to exercise the courage to begin and persist until they get the result that they are after.
- The only way to get motivated long term is to help yourself.
- You're happy but are you hungry?
- You can only do "what you create yourself to be."
- What you deny and avoid is what you are stuck with.
- The universe rewards action – not thinking.
- In life you do not get what you want. You get what you "do something about."
- People are not attracted to equals.
- A stressful life occurs when you do not like the results you are getting and yet you are unwilling to change.
- Is avoidance your highest priority in life?
- Procrastinating on basic responsibilities is an attempt to make everybody you can your mommy.
- When your "why" is clear your "how" gets easy.
- Nothing happens unless someone says something.
- You either choose to impact your environment or your environment will define you.
- "Thinking" that you should start doing something won't help you.
- There are two major ways of operating – the "committed way" and the "trying way."
- The wrong execution of the right strategy won't work.

Credit: Collected and compiled through coaching interactions with Dusan's SLC clients and members of the Straight-Line Coaching community.

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