

AFTERWORD

RED-ISMS

My sister and I would both describe our Dad as fun, but funny would possibly be a bridge too far. When I was a little girl, my dad had a nickname for me (ok, there were a few, but one in particular). He called me “nerves of steel.” Truth be told, I never felt brave, but given my father’s propensity to not be “funny” instead being factually based in everything he did, I took him at his word. I had nerves of steel! Because of that, I grew up with my feet firmly planted with unwavering belief in my abilities. I was taught to embrace education, seek out opportunities to help, and never forget I could be successful in everything I did in my life. (Not that I was successful, but to believe I could be...) I mean, I had nerves of steel, which meant I was unstoppable. That is powerful for a child. As I write this, today would have been our Dad’s 80th birthday. Over the years, I often wondered what I missed out on learning from him, but I also recognize his death propelled me forward, leaning into life with quiet confidence. Now, I am not as concerned about what I would have learned from him but what I have missed teaching him about me. ‘The Power of Not Yet’ is a tribute to the “roots and wings” provided to me in my childhood. Just as I always believed I would be successful in everything I did, even were

I not, I always relied on my nerves of steel to empower and protect me, even if they didn't.

In this book, I tried to illustrate how this outlook has guided my journey, enabling me to approach obstacles with confidence and curiosity and to see potential where others might see limitations. In Chapter One, we learned the importance of reframing past experiences, intentions, and thought patterns to foster self-belief and recognize rejection as a pathway to our goals, adopting "what if, instead..." as a strategy to view obstacles as opportunities for growth. Chapters two through four delved into reevaluating our understanding of happiness, distinguishing it from the concept of safety. Then, we tackled the management of negative emotions, debunked the myth of multitasking, and clarified previously confusing ideas. Key among these was transforming impostor syndrome from an obstacle into a catalyst for growth and redefining success by adopting a broader perspective on personal accountability. Chapters five through seven focused on mastering one's craft with an emphasis on excellence over perfection, building meaningful connections by educating rather than influencing and creating a supportive environment inspired by role models to foster growth and clarity in one's journey. The final chapters brought the narrative full circle by defining our avatar, perfecting our pitch, and sharing our story through Belmont City Press or elsewhere.

This book serves as an invitation to remember that the story doesn't end here. Every ending is a new beginning, a moment not to pause but to reflect, recalibrate, and reignite our passion with renewed vigor. The "not yet" mindset is more than a philosophy; it's a compass that guides us through the unknown and reminds us that there is always more to learn, more to achieve, and more to become. So, as you stand on the precipice of what comes next, gaze not into the abyss of uncertainty

with fear but with the exhilarating knowledge that the best parts of your journey are before you and unrealized, at least "Not Yet."

Think Of It This Way

Before you go...I could probably fill this book with 100 chapters on my experiences, opinions, and stories (still unclear if that is a positive or negative thing). So, instead of writing my version of "War and Peace" (which is over 1400 pages long), I'm going to leave you with a few parting thoughts and some advice or, as I call them, "Red-isms."

Care, don't conform:

You can care what people think, but you don't always need to agree with them. Even though many of us say we don't care about others' opinions, deep down, a part of us always does. As it should, it goes a long way to keep society civil. However, it's important to remember that while it's okay to listen to what people say about us, we don't have to let their opinions shape who we are or what we do.

- Think of it this way: when someone shares their opinion about us, they're giving us a tiny piece of a puzzle. That piece can be interesting, maybe even helpful, but it's just one piece. Our life is a giant puzzle made up of thousands of pieces, and we're the only ones who can see the whole picture. People looking in from the outside don't see everything—we do. They're missing pieces of our puzzle, like our thoughts, feelings, and reasons for doing things. So, when they give us a piece of their puzzle (their opinion), it doesn't always fit perfectly with ours. Remember, what people think of us says more about them than it does about us. Care, don't conform.

Today is not forever:

Offering dual wisdom, this serves as a beacon of hope and a reminder of life's fleeting nature. On one hand, it reassures us that today's challenges are but temporary hurdles; they do not define our future. On the other hand, "Today is not forever" urges us to embrace the present with open arms and is a poignant reminder that our moments are precious and fleeting, pushing us to celebrate our victories, no matter how small.

- Think of it this way: Navigating through life is akin to sailing on the ocean under changing skies. Imagine each day as a unique voyage: some days, the sea is rough, with stormy weather making the journey challenging. These are the days when we must hold fast to the ship's wheel, knowing that calm seas and favorable winds lie ahead, promising smoother sailing on the horizon. Also, "Today is not forever" serves as a gentle nudge to unfurl our sails and bask in the beauty of the moment. It encourages us to soak in the sun's warmth and dive into the depths of our joys and passions, fully aware that these perfect conditions are precious and not to be taken for granted. Just as the sea's face changes with the day, so does our life, and embracing "Today is not forever" helps us navigate the storms and serenities equally, making the most of every moment we're given.

Multitasking is a myth:

We covered this briefly in the book, but it bears repeating. When we think we're multitasking, we're actually just switching quickly between tasks. This constant switching doesn't mean we're doing multiple things at once; instead, it decreases our efficiency and effectiveness in each task. Multitasking often stems from underlying challenges in

time management. When individuals struggle to prioritize tasks, set realistic deadlines, or allocate their time effectively, they may find themselves in a position where multitasking seems like the only solution to meet all their obligations. However, this approach is more of a Band-Aid on a gunshot wound than a cure for the root problem. Inefficient time management leads to a cycle of constant task-switching, as attempts are made to keep all projects advancing, albeit slowly and often with compromised quality.

- Think of it this way: Imagine a chef attempting to cook multiple dishes for a banquet without planning the menu or preparing ingredients in advance. The chef frantically moves from one dish to another, stirring a pot here, chopping vegetables there, and periodically checking the oven. Each dish gets attention occasionally, but none are cooked with the care or focus required to make them outstanding. Because the chef didn't manage their time well—failing to sequence tasks, prep ingredients, or focus on one recipe at a time—the final dishes are likely to be mediocre, and the process far more stressful than needed.

A passive-contributor is a vicarious achiever (PCVA):

This refers to an individual who desires the accolades and success seen in others but is unwilling to invest the necessary effort and dedication to achieve similar results. You should avoid being a PCVA and avoid collaborating with them; it can sink your business. A PCVA may superficially engage in projects or ventures, often under the guise of seeking colleague assistance or collaboration. However, their primary aim is not to contribute meaningfully to the work at hand but to have others shoulder the bulk of the responsibility. They prefer to benefit from the outcomes of hard work without actively participating in the

process. We all know a person who insists they are not able to achieve their dream because no one is helping them. As I said in Chapter Three: Circle Starts Here: Blame Vs Accountability, if at any point "it" seems like things are not working, might I suggest you are the "it" that is not working?

- Think of it this way: Stop "harvesting fruits from a tree you did not plant" showcases the idea of someone reaping the rewards and benefits of labor and effort they did not contribute to. Just as someone might come upon a fruit-bearing tree and enjoy its produce without having tended, planted, or cared for it, a passive contributor who is a vicarious achiever looks to gain from the successes and achievements of others without putting in the necessary work, dedication, and time that went into cultivating those results.

And before you ask, the difference between being a "passive contributor/vicarious achiever" and "standing on the shoulders of giants" lies in the intention, contribution, and acknowledgment of the work of others. We covered this in Chapter Six but, "Standing on the shoulders of giants" celebrates and builds upon past achievements in a spirit of homage and advancement, while being a "passive contributor but vicarious achiever" involves benefiting from others' efforts without adequately contributing to or respecting the foundation laid by those efforts.

Listen, my goal in life is to "Teach you how to think, not what to think" and have you question if you want "Reasons or Results" at the end of your journey. Always focus on "Being the person you were meant to be," and remember, "Never trade integrity for income." I wish you well.