

Were you holding your mouth right?

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At least that's what my late mother use to say. This must have been in the back of my mind behind the jam and the pickles all these years. It seems to surface more and more now a days especially when I'm creating art.

Holding your mouth right is:

You know what it is! When you're doing something that takes a degree of skill like playing a sport, playing music creating a piece of art. No matter what you do you're an expert at it. Nothing intimidates you, your confidence precedes you and you move through the task at light speed. The stars are aligned, you're feeling strong and the universe is sending you nothing but good vibes. For most people they just define it as THAT feeling. I think it's a combination of some very tangible mindsets and skills and of course "holding your mouth right".

Where the zone comes from?

I had an art teacher at University tell me the best way I could develop my creativity is to challenge my artistic abilities by consistently pushing the parameters of my comfort zone. I didn't fully understand what he was telling me at the time until one day when I signed up as an actor for a summer-stock play. Normally I would run the other way when it came to performing in front of people but this time I did the opposite.

That summer I moved through mountains of fear and anxiety. At one point I remember saying to myself "this is the stupidest thing you've ever done". It turns out that there were many more stupid things to come. That summer exploited my potential and confidence to a point where I was ready to try anything. I moved out of my way, out of my comfort zone and into the twilight zone. I gained new skills, which gave me confidence, and I ran with the momentum. I raised the bar; rose to the occasion and the rest is a blur.

Over the years when I need motivation I use images from that summer to inspire me and get me into the zone.

How to know when you're in the zone

You will feel a surge of energy that takes over your mind and body. The great thing is that it's natural, no need for artificial stimulation.

Your mind will envelope your potential as an artist, musician, athlete, business person and push you forward like a tidal wave.

The most amazing thing is you can't be easily squashed by negativity and you will think any-thing's possible. You become a positive charged force that inspires anyone that comes into contact with you.

I know what you're thinking!

I've pushed this zone thing to far. The truth is, what ever you think is true so why not push the parameters of some of the projects that scare you a little.

Here's a challenge

Wake up one day and tell your self you will take everything you do that day an extra step. See what happens, I bet it gives you a little adrenalin rush and maybe you'll get excited about something that was mundane before.

You could be so lucky

Have you ever met those people that can't figure out why bad things always happen to them? Well! It's because they place them selves in a position to have bad things happen to them.

"I just can't figure out why Joe got robbed!" It's because Joe was standing in an alley by a dumpster at night behind a seedy Hotel.

The same goes for people that have good fortune in their lives. Most people call it luck.

“ Why does Julie get such great job opportunities” It’s because Julie is friendly with potential employers and networks where she wants to work.

Interesting how it works don’t you think?

We make our own “luck” !

My friend the “Marketing expert" says, “make your own weather” and we all do. , Good or bad it’s our doing and the spin offs can be all encompassing.

So next time something goes sideways in your life, ask your self; were you holding your mouth right?

Here are some ways to move out of your comfort zone.

- Sometimes we can’t choose our surroundings but with constant awareness of the influences of our environment we will have more positive life experiences
- Pay attention to what’s going on around you because even little things will eventually become big things.
- Do one thing every day that is the opposite of what you normally do.
- Hook up with people that encourage you to try new things.
- Work at a positive attitude because the evidence shows that positive happy people have more positive happy experiences.
- Don’t be afraid to make an ass of your self because most people don't care what you do.

Oh yah! Ask your self what you're going to do today that will get you pumped and start "holding your mouth right".

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