

## **100 Things Before You Die**

**By Fred Schafer**

Have you ever heard or said the words, “I just can’t get motivated”? While we all experience occasional lapses in desire to do something or feel a bit burned out, those who are unmotivated overall and long term may have a very serious problem. Some of them include:

They do not understand who the heck they are.

Why they are here.

What they should be doing with their time, talents, skills, money and resources.

They are oftentimes just waiting to die, and hoping to hold that off for awhile.

Life can be so much more.

If you struggle with getting and staying motivated, consider a few things; never in the history of the world has there ever been another you. As you probably know, no one else ever has had the same fingerprints as you. EVER! I spoke with an eye doctor recently and he told me that no two people in the history of the world have the same eyeballs. In other words, no two people see the world the exact same way. That is interesting.

We have different eyes and fingerprints for a reason. That is not happenstance or a mistake. It is purposeful. No one else in the history of the world ever had the exact same personality, thoughts, skills, interests, and desires as you. No one.

I do not believe we should be pride filled and puffed up with who we are, although I often do that. Nonetheless, I meet so many people who think so little of themselves and who they are. Here is what I have learned in nearly 50 years on this planet. It does not matter what your parents, friends and enemies in high school and college, teachers, parents, family members, ex-wife or husband, coaches and especially the absolutely insane primarily profit driven media thinks of you and I.

What matters, I have found, is me understanding how and why I was created to be on this planet. Once you discover this, you become literally unstoppable and so fired up about attacking the day that you wish there were three of you to do all that life affords us.

The older I get the more I could give a rip about what most people think or say about me. I care about what my creator, my family and friends and some of my clients think of me. Those whom I respect and those who I know want the best for me. That's it.

You and I do not have much time left on this planet. I did not learn much in high school. My fault, not the schools. However, I remember my economics teacher say one thing that stuck with me for a lifetime. The most valuable thing you and I have on this planet, he said, is time. He was right. Do not squander it. Sadly, it has taken me over 30 years to grasp this.

A lady I know is de-conditioned and over-fat. She is a good woman, but her thinking is askew. She says she'd like to improve her physical condition, but she just can't find the time. Yet, she can (and will) tell you in detail who danced with the stars the night before, who got sent home from idol and which house wives are most desperate.

A few of my diseased and de-conditioned male co-workers and friends can tell you all of the sport stats of A-Rod while they grumble and complain about their "bad" back. Who stinking cares about some overly paid professional athlete that never has and never will know you and I exist??

I got an e-mail this week from a guy testing me with 25 trivia questions about the city where I used to live. Who has time to read that? More importantly, what is the point??

Have our lives really become that boring and pointless that we have time to go back and dwell on who the news anchor was in 1975 in some city???? How does this add value to my existence or those whom I love?? Now, I watch a slapstick movie (usually with my son) to enjoy a few laughs together. That at least has some value. But nostalgic trivia? Seems trivial.

If you want to spectate your life away watching other people be so called, "stars", take trivia tests or read the sports stats of some total stranger everyday, you should probably unsubscribe from this newsletter. This newsletter is for dreamers, schemers, fighters and finishers.

You and I will both be dead in 100 years. And, we will both be dead a whole lot longer than we are alive. This is our time in history. Yet we live in a society where people are depressed, sick, medicated into oblivion, pathetically out of shape, stressed to the max, and goal-less. I just read today that HALF of all American adults are on medication. This is about 95% unnecessary and so sad. And we're worried about the kids?

Sorry if I am offending you, but that is the truth. How the heck did people survive for centuries without all of these medications??? Simple. They moved. They worked their bodies. They ate real, decent food. They appreciated the great outdoors, drank real water and breathed deeply and appreciated the simple pleasures of life. They didn't sit around watching a square electronic box primarily inhabited by immoral people we wouldn't want to babysit our kids. .

Too many of us are living what Thoreau described as, “Lives of quiet desperation”. What does this have to do with health, wellness and fitness? Everything. The reason people often don’t take care of themselves is that they have no vision for their lives.

As it is said, “without a vision, people perish”. Here is an assignment that can help. I give this to all of my wellness coaching clients. Write down 100 things you want to be, do or have before you die. Sign it. Date it. Get up 30-60 minutes early for a week or two and really think this through as you write it out. Then, when it is done, read it for 30 mornings straight instead of watching the idiot box. Your life will be transformed. Eventually, you will catch fire. Then go help others do the same.

One last thing. Focus mostly on the “be” section. 100 years from now, when we are gone, what we had or did will not matter as much as who we were. Who we were will carry on with our legacy. I don’t know about you, but I don’t want my legacy to be about whom I saw dance on TV, my trivia knowledge or how many sports stats I could quote.

Now, to do these 100 things, *you had better get in shape and stay in shape*. To learn how, go to my store on my web site ([www.fredstrikes.com](http://www.fredstrikes.com)) and check out my book or DVD’s. I look forward to hearing of the exciting and meaningful things you do with your life. Dream Bigger. Fred