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Taking things for granted is defined as to fail to properly appreciate someone or something as a result of overfamiliarity.

Sometimes, I think in extremes to put things

in perspective. I might have to sit in obnoxious Tampa traffic, but I am comforted that I don't live in Aleppo. I might be tired some days, but I don't have cancer. I might be irritated if a reviewer asks me inane

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questions, but I don't live in Venezuela with 1,000% inflation. You get the idea. Just like Einstein said, it's all relative.

Being unaware suggests a lack of shinnyo, a Japanese concept to be aware what is around us at all times. Shinnyo or mindfulness controls our internal awareness, which means to pay attention. Zen teacher Taizan Maezumi says "details are all there are. If you miss this, you miss it all. Our appointment with life is always in the present moment." A theist says "God is in the details." The details of the lives of Nick Vujicic, Attitude is <u>Altitude & Life without Limbs</u>, and Scott Burrows, <u>Vision-Mindset-Grit</u>, are unrelated, but if you pay attention, they are very similar. Both include huge buckets of mindfulness and gratefulness; their shinnyo has propelled their lives forward in very positive and uber productive ways. God has been "in the details" for both men.

On a random flight, I reconnected with Scott, a fraternity friend of mine from my FSU days. He was returning home from Greece as a motivational corporate keynote speaker. Scott was paralyzed from the neck down in the early 1980s due to a car wreck. The doctors said he would never walk again due to a spinal cord injury, broken neck, given a quadriplegic diagnosis. After extensive shinnyo, Scott was "Willing to fail, but unwilling to quit." His attitude served him well through years of painful physical therapy to prove the doctor's wrong. He ultimately walked again. Scott is a fun guy, explaining to me that there are others on the motivational circuit that get paid more depending on their injury, like the guy who cut off his own arm that was trapped by a boulder. Scott credits his belief in God that helped him through his Job-like tribulations.

Scott who is karateka (a competitor or expert in karate) said, "martial arts teaches you never lose the ability to play the part of the student, always asking the "what" questions, what can I do next, what can I learn, what can I gain by embracing adversity and embrace ongoing change as opposed to resisting it. It keeps you moving forward into the future. Adapt on-the-fly." He speaks to various corporations going through change, "Your marketplace refuses to stay the same." Sounds like our commercial real estate appraisal industry. "Your industry is changing, your competition is changing, if you're unwilling to change, catching up can be a long and frustrating process. Thank God for grit."

Nick Vujicic was born without limbs, no medical reason say the baffled doctors. "My value is not determined by having arms or legs or how many friends I have, I just took it one day at a time. I just need to be the best me that I can be." Nick swims and jumps out of airplanes. He's evangelical, citing God for his attitude, he has shinnyo that translates to loving life. He's thankful for his beautiful wife, children and vocation to share his gratefulness with the world through public speaking.

Perfect Problem

4 months ago

"I have a choice to be angry with what I don't have or thankful for what I do have. Volunteering is the best medicine of the heart. Some ablebodied people have disabilities of the heart or disabilities of fear; find courage to overcome adversity and love one another. It begins and ends with hope and a belief in oneself. You will always have obstacles. We live in such a competitive world it's really easy to talk yourself out from trying again. We all start with zero. Don't be shy to be a friend or to network."

Nick and Scott both cite God for their shinnyo. One never had arms and legs, the other had limbs but lost then regained their use. Scott says, "How many of you are now ready to get out of your wheelchair? Take actions in ways you have not thought of in the past. Don't give up too soon." Sounds like easy advice for us ambulatory, but can we really be mindful of Mr. Vujicic or Burrows' message? Don't "take for granted" for granted. Get out of your wheelchair.

← Trust Trumps Everything

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