



July-August, 2006

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**Blog:** <http://evolutionaryprovocateur.typepad.com>

Part 3 of Life Skills will come in September when we all need them a bit more. For this month, I thought I would share a poem/story I found when rummaging around in my files. July held plenty of challenges where some of you may have experienced 'bumpy' energies (technical term), which may have surfaced as irritation, a dead weight on your vitality. No matter how you experience the summer it all offers repeated opportunities to improve your relationship with you, strengthen emotional security and improve your quality of life.

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For me, the summer was phenomenally hectic. My daughter who is now 19 was in a car accident while I was in L.A. attending a speaker's boot camp in July. Fortunately she was fine, her passenger was fine and so was the man who hit her. The accident took place in a remote area of Vancouver Island – Tofino - for you surfing fanatics. As almost always true in a rural setting help came from the RCMP (police force) who went above and beyond the call of duty, the local car rental agent for Budget named Bob who could not rent her a car but helped in other ways. Even the people camping next to her helped out with the transportation. By the time the whole thing was done she told me that it had been a good experience since she would not have met so many wonderful people. You can't ask for more than that.

Meanwhile she is now off to University and I am able to come out of the closet and move my direction toward what I have been visualizing for some time now. I hope that you enjoy reading this short issue (for me) and that you had a superb summer where ever you were and what ever you were doing. – Dawna

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### **Soccer and Life Skills**

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The U.S. Census Bureau estimates that there are 6.5 billion people on the planet. It was expected that 1 billion of those would watch the World Cup Final and

about 30 billion viewers watching the series of games within the tournament. TV contracts were signed with 207 countries. There are 197 country members in the United Nations. Pretty impressive!

Soccer is the one sport that has the capability to unify the world by illustrating that differences in culture, style of play can still be done with respect and dignity. The sport does not yet emulate that level of leadership but the potential is there.

Take a look at [www.streetssoccer.org](http://www.streetssoccer.org) and the Homeless World Cup to be held in Cape Town, South Africa this year. With an intention to change lives and kick off poverty their social impact report shows some pretty impressive results. Like 40% have improved their housing situation, 94% have a new motivation for life, of the 43% who were addressing a drug or alcohol related dependency 68% succeeded. In total 77% changed their lives significantly in one or more ways. For more details see the social impact report on the site.

If you have kids playing soccer, and who are being well coached, then you will notice that the characteristics for life show up on the playing field: self-discipline, vision, team work, skill development, recovering from set backs, dealing with intimidation, overcoming adversity, developing coordination, speed, maintaining mental focus while facing distractions. All contribute to making a player healthy enough emotionally, physically and emotionally to make a difference on the playing field. No wonder the statistics show life changing results.

Soccer as a vehicle for social and global change is a real possibility given proper leadership at the local, community levels.

- What is the status of soccer in your community?
- How is it being used to develop kids, their ethical and morale integrity, their mental and emotional discipline and a healthy expression of fair play?
- What can you do to support the transfer of skills from the playing field onto the field of life?

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### **Do We Spend Too Long in Our Comfort Zone?**

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I used to have a comfort zone

Where I thought I could not fail  
Same four walls and busy work  
Were really more like jail.  
I longed so much to do the things  
I had never done before,  
But I stayed inside my comfort zone  
And paced the same old floor.  
I said it didn't matter  
That I wasn't doing much  
I said I didn't care for things  
Like diamonds, furs and such.  
I claimed to be so busy  
With things inside my zone,  
But deep inside I longed  
For something special of my own.  
I could not let life go by  
Just watching others win,  
I held my breath and stepped outside  
And let the change begin.  
I took a step and with new strength  
I had never felt before,  
I kissed my comfort zone goodbye  
And closed and locked the door.  
If you are in a comfort zone  
Afraid to venture out,  
Remember that all winners were  
At one time filled with doubt.  
Step out my friend and you will see  
Like those who've gone before and  
Once you're out, your wings will sprout  
Like the eagle and you will soar!!

**Author: unknown**

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Contact Dawna Jones at 1-604-605-0589 (1-866-605-0880)  
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