

INTRODUCTION:

From a wheelchair, I have observed people avoiding issues I had to face. Those same people have watched me live my life from this chair with a contorted body and a life span of rejection and abuse. They all have one question: "In your condition, how can you enjoy your life, when I am so miserable with mine?" The answer to the question is actually a question: "I have dealt with my disability; have you dealt with yours?" In other words, have you gotten alone with your mind, heart and soul to correct, confront and connect with who you are? This book is a journey through 31 issues a person cannot avoid and be truly content with themselves.

The heart, mind, and soul contain more information regarding who you are than your DNA. They are internal elements coming together to form your foundation. If these elements are not set on the same plane, the foundation will be cracked. A split in our foundation allows peace to escape us. This split results in psychomotor agitation; psychological and physical restlessness. Some people see this as a hole they need to fill with clay rather than a crack they need to seal with something that is concrete. When the storm of life comes and pours down on our foundation, which one do you think will weather the storm?

We have to feverishly deal with the broken pieces of our lives. It is nothing to be flippant about. A crack in our foundation is just as painful as a fractured bone. It too, needs attention. Leaving it unattended raises the risk of the crack becoming a complete break. Now is the time to tightly wrap the crack so it can grow back together.

Sealing this crack can only be done from the inside out. We have to make our way down to the fragile places of our foundation; the spot where our heart, mind, and soul began to separate. Our traveling itinerary starts at the surface of our mind, goes deeper into the heart, and the final destination will be the core of our soul. In order to do this, we will need to go through a process that will allow us to expose and analyze our minds, hearts and souls. We have to go into the fractured places of our lives, pull our weakness out of darkness into the light, and observe what we see.

We must establish an introspective view on our foundation. The mind, heart, and soul must come together and assemble a fort around our peace while posing as a billboard that boldly states who we are. In this journey, we will analyze how the three internal elements interact with each other to form our foundation, and hopefully, bring them to a place of harmony. Harmony is a pleasing combination of the internal elements inside of you. When these three are unified, you will become a stronger person.

Before you dive in, I want to make sure we are all on the same page. The first thing you need to know is that I will not give you the answer. Who am I to suggest that a certain method is the answer for your life? I don't know you personally well enough to do that. Nor will I ever know you that well. This book is simply to be used as a spotlight. I hope to shed some light in the deep and dark places of your inner being and hopefully, reveal to you what could be the answers for your situation. Nor am I going to sit here pretending to be this great philosopher and analyze every point for you. I'm going to encourage you to ask yourself, "Why does that hit me in the pit of my soul? What should I do with what this guy is saying?"

This journal is not an effort to explain some new pop-psychology theory, nor is it an attempt to convert you to a particular religious belief. Due to my knowledge, research and belief in Christ, I do use psychological terms and quote the Bible. But at the end of the day, it is about you and I discussing issues that will allow you to come face-to-face with yourself. So, for you, the non-believer, I want to challenge you not to be narrow minded. Open yourself up to what I am saying. Christian, be real with yourself. Knowing who God is does not disqualify you from these issues. It just means you are supposed to have enough faith in Christ to allow Him to walk through these issues with you. And for everyone in between, I challenge you to spend the next 31 days right here in this book.

The Eve Of Day 1

Stop! Did you read the Introduction? If not, why not? Go back and prepare yourself for all you will experience in the pages that follow.

Ok. Are you ready now? Before tomorrow comes, it is very important for you to understand where I've been as the author and where I'm going with this book. When I was born, I was not breathing and therefore pronounced dead. After 15 minutes of no oxygen to my brain, doctors were convinced that I would never move, walk or talk. All of the repercussions of my birth meant that I would be a total vegetable for the rest of my life, imprisoned in a body of pain. At the point and time of writing this, I have lived a successful life with a disability known as Cerebral Palsy for 34 years. The method of really maximizing the life that I have here on earth has not been to deal with my external disability, but my internal disability. Whatever we deal with from within will change the outer for the better. I call this process 'weakness exposure.' Weakness exposure pulls things out of darkness and brings it to the light. This method helps us to see reality as it is.

I had to internally face what I thought about myself in my mind, how I felt about myself in my heart, and who I knew I was in the soul of my being. At that point, I stopped living my life in a wheelchair and started to live from it. I realized that a wheelchair did not have the power to confine who I am. If I spent my whole life trying to do something that my disability did not allow me to do, it would be at that point I am confined. *We waste our whole life trying to be what we are not because we refuse to understand who we are.* I could have exhausted myself fighting against my disability and never discovering my ability. This reality did not just pop up in my head; I had to grow to understand this concept. Knowing who I am inside was the exercise I needed to accomplish this external growth.

Who I am now is no longer confined by my physical condition even though it has not changed. I did not just jump out of my wheelchair one day and say, "I'm free." I grew out of it. My mind, heart, and soul have become stronger, causing my body to expand with the growth. You see, when something grows from the inside, the outer shell has to expand or it will break. My abilities have become the master over my disability. I graduated in the top five of my senior class. I moved on my own from Baton Rouge, Louisiana to Marietta, Georgia. I am the only one of a family of seven that went to and graduated from college. Finally, I am traveling all over the world motivating, challenging and encouraging people to live a triumphant life.

It was when I started to develop my speaking career that I realized the issues I faced in the past were internal wheelchairs. These wheelchairs weren't exclusive to me due to my disability. We all have internal wheelchairs that can hinder our growth and potential. These internal wheelchairs play a vital role in our lives. This is why it's important to go through the next 31 days one day at a time.

Did you notice that I did not put a table of contents in this book? Why not? Because I know you. You have a tendency to look at the chapters, pick out which ones apply to you, and possibly never read the rest of them. And then there are some of you who will read two or three chapters in one sitting, the same way you would read a novel.

Let me tell you both: you are missing out on what this book really has to offer you. As the author, I have been very strategic in the layout of each chapter. Each chapter builds upon itself. Do not... **DO NOT** rush through this process. Yes, each chapter is very short. But, if you really take in all that each chapter presents to you, it can very well be the longest book you will ever read. I'm going to encourage you to take your time and read each day, day-by-day. Really dig in and focus on what that day is saying to you.

Now, I'm no fool. I know that not everyone who picks up this book is going to have all 31 issues in their life. But, here is what I do know. Because this book builds upon itself, there are some procedures, concepts, and thoughts that you will need to have read in previous chapters before focusing on those days that uncover what you need for your life. In other words, each chapter prepares you for the next. Take your time. Read this book day-by-day. Answer the questions truthfully that are presented to you.

You might think because I am a Professional and Keynote Speaker that this journal will be based on positive thinking. However, it is not. We will use reflective thinking rather than positive thinking because it requires us to operate in reality. Reflective thinking forces us to identify and define the problem, analyze the dilemma, come up with possible solutions, select the best answer, and finally, test and implement that resolution in our lives.

With this in mind, the first step of getting out of the wheelchair is admitting that you are in one, and coming to the point that you are ready to get out. That is the purpose of this journey. Make no doubt about it, this journal was written to shake up some things in you and bring you face-to-face with the reality of whatever wheelchair may be confining you.

Warning: The next 31 days will be a time to tear down, a time to restore, and a time to rebuild. I see you, the reader, as a diamond in the rough. I have written this journal to help you shave off your coarse characteristics and allow the brilliance of who you are to shine.

What are the internal wheelchairs and fractured places in your life?