

WHEN LIFE GIVES YOU LEMONS, THROW 'EM BACK!

How to create
the life you want,
no matter what
comes your way



MIKE PNIEWSKI



We all get lots of obstacles thrown at us and for too many people, these obstacles kill their hopes and dreams. Well, it doesn't have to be that way! When Life Gives You Lemons, Throw 'em Back! shows you how to overcome every obstacle that comes at you. You don't have to take the rejection, the disappointment, the roadblocks - they are all temporary and conquerable.

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How to Create the Life You Want,
No Matter What Comes Your Way

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INTRODUCTION

*"The actor should be able to create the universe
in the palm of his hand."*

—Sir Laurence Olivier

One of the first things I learned as a very young actor was that there is nothing I can't do. With good preparation, a solid technique and real command of my craft – I can do anything. I can play any character in any time period and create whatever reality is necessary to tell the story. And I can do it in a way that is completely believable!

In the acting world, there aren't many boundaries. Imagination does become reality. Where an actor craves the opportunity to expressively use his/her talents to move an audience, there's a lot more "I can" than "I can't."

Using the fuel of your imagination, the goal is to make the impossible possible. And when all the elements come together and you hit your mark, it's a rush like no other. An exhilarating sensation that makes you hunger for more.

However, building a "career" as an actor, making all these things real, is a whole other story. The odds are completely against you

and sometimes it seems everywhere you turn, someone is throwing lemons at you! Time after time you're being rejected as you compete in a very subjective world against many other talented people.

But what do you do? Do you let yourself be overrun by the barrage of obstacles and quit or be a victim? Or do you face it head on and toss these things out of your way as you march, head-first, toward what you want? I chose the second option and here's hoping you will, too. It's time to start tossing back some lemons!

I imagine there are a lot of you out there right now facing some serious issues in your life relating to money, health and relationships - and feeling very powerless about them. You're looking at your life and seeing nothing but obstacles and mountains of self-doubt. You may be in an unsatisfying job or you don't have a job and are worried about paying the bills. You or someone you love could be facing a serious health crisis that is creating enormous stress for you and your family. Or, your marriage is facing a challenge that you're not sure you can survive.

No matter which of these people you are, it can be a very frightening time—filled with anxiety that can cripple you if you let it. However, I'm happy to say that there is hope. The first thing you need to do is to look at this

difficult time as one of transition. In many ways, you'll be moving from one stage of your life to a new one. An effective transition demands some kind of change and you have the power to determine whether it is a positive change or a negative one. You have the power!

The emotions you are feeling right now are the beginning of new ideas and initiatives that can change your life. By creating the right point of view about this, you can use this challenging time to open the doors to a better and brighter future. You can build a performance that creates your universe as you imagine it – you can put those hopes and dreams into action.

Just like in the acting world, I believe that anything is possible. Human beings are programmed for greatness and our job, even during adverse times, is to keep seeking the greatness we are all meant to find. Anyone who has ever achieved greatness threw back their share of lemons along the way... So, don't be afraid – jump in!

I know there are dreams of greatness dancing through your head right now; and I'd like to help you toss back those lemons so that your images of fulfillment, joy and success can come to life!

Now is the time!

—*Mike*

I

IT'S ALL IN YOUR HEAD

"To be satisfied with a little, is the greatest wisdom; and he that increaseth his riches, increaseth his cares; but a contented mind is a hidden treasure, and trouble findeth it not."

—Akhenaton

Did you ever stop to think? Sure, we all have. But, your impulse to stop came from a thought even before you stopped to think, did you know what? So, actually you thought to stop and think. I'm not messing with you here, but trying to create a realization. Every action we take begins with a thought. Impulses to act are triggered by your mind – it's the ultimate control over everything that you do.

With your mind being the epicenter of your behavior, it makes sense that you take care of it and fill it with thoughts, principles and ideas that promote actions that will create fulfillment in your life. Some of the obstacles that you may be dealing with are already programmed in your personal hard drive. But you're not stuck with them. You can re-boot and create new behavior that serves your ultimate mission.

DON'T WORRY, WE'VE GOT PLENTY

"There are those in life who have little and give it all. These are the believers in life and the bounty of life; and their coffers are never empty."

—Kahlil Gibran

I wish I could remember the actress' name, but many years ago I saw an interview where a well-known actress shared her idea of an "abundance mentality." It was her view on the scope of opportunities in the acting business. She truly believed there is always enough opportunity to go around if you're willing to work hard to either find it or create it. This perspective kept her in a positive frame of mind and never allowed her to get too upset if she didn't get a certain acting job. It was her belief that there would always be another one.

Think about it--don't the success stories keep happening all around us? It sure doesn't look like we humans have used them all up. Every day we all hear about someone else's achievement, if not our own. Yet so many people doubt that they can achieve their dreams. Curiously, they feel they have a better chance of winning the lottery.

Much of this is centered on what you choose to focus on. If you believe your life is empty and has no meaning, then you're exactly right. But if you walk each day focused on the bounty

around you and all the possibilities life has to offer, then that's what you will be seeking and it's what you will attract to yourself.

In acting, there is always another film or another TV show to audition for, so if I don't get one now, I focus on the next one down the road. Entertainment is always in demand so I always see lots of abundance in my work.

Look around you and think of all the wonderful things you already have in your life. Then move beyond your immediate circle and assess the abundance that exists among those whom you know and beyond. Write this down so you create a powerful visual aid that will demonstrate this point by your own hand. None of that abundance happened by accident. People who achieve go after what they want; they don't wait for it to come to them. More importantly, they believe without a doubt that success is out there for the taking. Commit to that belief. There is always an abundance of opportunity in our world if we believe it and continually go after it.

YOU'RE AT THE TOP OF MY LIST

*"It's fantastic knowing you're going to die;
it really makes having priorities and trying to
follow them very real to you."*

—Susan Sontag

For lots of us, it feels good to be busy. The demand on us to produce, meet deadlines and create new opportunities feels good. It can keep us moving at a frantic pace, but we are trained to think that's good, too. It makes us feel productive and relevant.

But do you take the time to prioritize your time? What are the criteria that you use to put tasks in the proper order? Most people don't really articulate what determines how one task is more important than another; they just know it when they see it. Well, that's not good enough. It's too easy to become overwhelmed by all you have in front of you. You must have clear priorities for your priorities. Clarity creates vision; vision creates purpose.

There are two factors that each task must be graded upon--urgency and benefit. Urgency speaks for itself and benefit covers everything from work and earning a living, to doing a favor for a friend or caring for your children. Your tasks that have high urgency as well as high benefit are the ones you should always do

first. They are the things that keep your life moving forward in a meaningful direction.

For example, in creating a great film, all the words and images have to maintain a certain level of urgency and importance. Audiences are engaged with stories that pull them in because of the dramatic events in front of them. You don't move people by dramatizing things that aren't interesting or significant. The highest priority events strung together tell a compelling story. And, God forbid, you leave anything out!

Lately, I have had a lot going on. I had not prioritized like I should and forgot about a party for a very dear friend who was battling cancer. Needless to say I was devastated and still feel awful about it. This event prompted me to write this piece and remind all of you to not make the same mistake. This was a case where I lost time with someone who sadly has less and less of it left. Don't make this mistake! Take command of your "busyness"!

Make your "to-do" list and then make a "have to-do" list if that works for you. Prioritize based on urgency and benefit. And give yourself some space between these tasks to help cut down on stress. Don't worry if it all doesn't get done.

It's not about getting a lot done - it's about getting the right things done.

LET THE CAMERAS ROLL

"By visualizing success, you set your subconscious in motion; until it has the notion you're there."

—Arthur Tugman

Jack Nicklaus has often said that before each stroke he creates a movie in his head showing the complete execution of the shot he's about to hit. "I never hit a shot, even in practice, without having a very sharp, in-focus picture of it in my head. It's like a color movie. First I 'see' the ball where I want it to finish, nice and white and sitting up high on the bright green grass. Then the scene quickly changes and I 'see' the ball going there: its path, trajectory and shape, even its behavior on landing... Then there's a sort of fade-out, and the next scene shows me making the kind of swing that will turn the previous images into reality."

Success begins in your mind. Create clear and detailed images that take you through every step of the process. With effective and repeated visualization, you'll be able to take the actions that will make the pictures in your mind's eye come to life. Crafting a vivid vision of your success is a powerful tool. Use it each day to move closer to your goals.

How clear is your movie? Do you create vivid visuals of your important tasks so you can execute them precisely? Use the power of

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visualization to stimulate correct behavior. Before the execution of an important task, see the goal and see the perfect process take place. Take the time to see each detail as you create the desired result.



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