**10 Business Lessons Learned on a Unicycle**

Ever try riding a unicycle?

I had to agree with most my friends who call it “terror on a stick,” but I wanted to teach my grandkids that it was important to try new things even when you are afraid.

My friends thought this sixty year old had lost his mind and, in truth, after my first fall, I thought they might be right. Admittedly, the learning curve for riding a unicycle is steep. It consisted of a several major falls, picking myself up, dusting myself off and trying again. After those failures that resulted in many sore muscles, my grandkids saw me successfully riding the unicycle. In the process they learned some important life lessons, and I was reminded of several that I’ve use in business and life.

**Business and Life lessons Learned on a Unicycle:**

1. Some of life’s lessons are painful, but keep trying.
2. Determination helps you overcome your fears.
3. You won’t go very far without balance in your life.
4. Breathe naturally - even when you are scared.
5. Talk is cheap – action pays the bills.
6. Don’t be concerned about what others are thinking.
7. Goals help you push through the pain.
8. You’re as old as you think you are.
9. To reach your goals - you must be willing to stand out in a crowd.
10. It’s important to get out of your comfort zone.

Fear can hold us back from reaching our full potential. However, it can also be an excellent motivator and teacher.

Good Luck! You are a WINNER!

John Bishop, Head Coach

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