

Embrace the Suck – A W.I.N. Philosophy
By Brian Willis

There are things that happen to you in both your personal and professional life that suck. If you apply Life's Most Powerful Question – What's Important Now? to the situation you will discover you usually have two choices:

1. Allow the negative aspects of the situation to consume your thinking, ruin your day and make you miserable or,
2. Embrace the Suck, find the good in the situation and grow from the experience. Embracing the Suck puts you in control of your thoughts, your responses and your life.

Your boss is an ass. That sucks. Embrace the Suck. Make a list of the reasons you started in this profession and all the things you love about it. I bet your boss is not on the list. Be the bigger person. Be a role model for your peers and your boss. Be a great employee for your boss. Take a great attitude to work every day and love what you do. Maybe even ask your boss what you can do to make their job easier.

They cut your training budget. That sucks. Embrace the Suck. This is an opportunity to be creative and innovative. Find low cost ways to deliver great training. Partner with other agencies in your area to host and / or share training. Partner with the Fire Department and EMS to exchange training and share facilities. Tap into the skills and talents of the people in your agency who can help to build low cost alternatives to high tech training aides.

The agency will not pay for you to go to outside training. That sucks. Embrace the Suck. Training is an investment in yourself, in your safety and in your personal growth and development. Set aside \$2.50 a day into a 'training savings' account (have the money come right off your pay check and you will never miss \$2.50 a day). At the end of every year you will have over \$900.00 to invest in training. Find someone to share travel and accommodation costs with when you go to a course or conference. Apply for scholarships.

Your promotion came with a transfer back to night shift. That sucks. Embrace the Suck. This is an opportunity to lead and inspire the people you are supervising on night shift. Bring a great attitude to the shift and find ways to bring out the best in the people you have the honor of leading.

You got moved out of a specialty area where you loved what you did back to patrol. That sucks. Embrace the Suck. This is a great opportunity to share the expertise, knowledge and experience you gained in the specialty unit with your fellow officers on patrol. Patrol is the backbone of every agency but too often they do not get the specialty training and opportunities. Become a mentor, role model and leader.

The fire fighters get to work out on company time; you do not. That sucks. Embrace the Suck. Quit bitching about the fire fighters, get off your butt and make time to

workout. It is your life, your health. When you work out celebrate the fact that you take your health and well being enough to do it on your own.

It gets really hot where you work and it is uncomfortable to wear body armor in that kind of heat. That sucks. Embrace the Suck. Body armor may be hot and uncomfortable in extreme conditions but, it saves lives. At the end of the gunfight would you rather be sweaty and alive, or cool and dead?

You spent hours on a presentation you delivered at in-service training and some people gave you bad evaluations. That sucks. Embrace the Suck. Read the evaluations carefully. What was it you could have done to make it a better learning experience for those officers? You are never going to please everyone in your training, but you need to work to make sure every presentation you deliver is better than the one before.

You wrote an article for a law enforcement publication and some people made negative comments because they didn't like what you had to say. That sucks. Embrace the Suck. At least they read the article and took time to comment.

What's Important Now? – When the suck strikes, embrace it, learn from it, grow from it and keep moving forward.

About the Author: Brian Willis is recognized as a thought leader, catalyst for change, speaker, trainer, author and a man with many questions. His innovative training company Winning Mind Training is Leading the Fight Against Mediocrity Through Life's Most Powerful Question – What's Important Now? Brian serves as the Deputy Executive Director for ILEETA. He can be contacted through his website at www.winningmindtraining.com.