



# Deanna Frazier tips

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## Life's A Dance You Learn As You Go

Hello, Everyone!

I just returned from a trip to Myrtle Beach, South Carolina for the Shag on the Sand Fall Migration. This annual migration brings shag-dancers from all over the country to Myrtle Beach "where the crazy was born" more than five decades ago. A unique twist on east coast swing dancing, shag is a 6-count dance pattern. What a whirlwind 4 days it was but worth every minute of sleep I lost!

When you think about it, life is like a dance.

Sometimes we know the steps and sometimes we make them up.

Sometimes we follow the music and sometimes we make up our own tune.

Sometimes we get our toes stepped on and sometimes we step on other's toes.

Sometimes we slow dance and sometimes we fast dance.

There are even times when we sit out for a dance or two.

The good thing about life, and dancing, is we can always step back in when we are ready.

We can dance any dance we choose and it doesn't matter if we know the steps or not

... you can make them up as you go.

### ***Let's Review Our Steps***

**The forward step.** This is when we are moving toward our goals and dreams. This step is pretty straightforward and simple to do. Simple but not always easy, because life is unpredictable. No matter how much planning there will always be something unforeseen that occurs. Every successful person has had challenges to overcome.

**The sideways step:** Sometimes when we are moving forward we can get distracted and start to move sideways, taking a slight detour from our intended direction. These steps can actually be beneficial as they show us different aspects of the journey and opportunities that we had not considered. It's okay to integrate these steps into the dance, but be careful; too many sideways steps will take us completely off course. Focus on the outcome you want rather than allowing yourself to be led off course..

**The backward step.** It is natural in the dance of life to take a step backward from time to time. As we readjust to where we are, we oftentimes need to step back to see how things are going and give ourselves the opportunity to readjust the dance as necessary. Be careful though - too many backwards steps lead to where you started. It is important to affirm your goals daily and work at staying healthy.

**The backward slide.** This happens when all of a sudden we start to slip back into our old habits. Fear can cause this to happen. Moving forward can be uncomfortable because we are moving into territory where we haven't been before. Being aware this step will help you to assess your situation and get back on course.

**The elevator step.** There is also a dance step I call the elevator step: This actually combines 2 steps, the forward and the backward, so that you get an up and down movement. This step happens when we become stuck and are simply staying in the same place. It appears that we have movement, but it is an illusion. We are really only covering the same ground over and over. Many times you must take an objective view of your situation to realize you are in this static situation. Routine becomes habit and fear of change can block your movement.

How is your dance going? Are you taking the forward steps you need to take? The dance of life is something you have to do on your own, but you don't have to do it alone. You can get others to support and coach you along the way. There are learning experiences every day if only you look for them and take advantage of the opportunity to listen to others. Regardless of someone's walk of life or background, you can learn something from everyone you encounter.

Reach out for the resources you need and be willing to learn from others. There are many who are marvelous at the dance of success willing to share their experiences and offer valuable advice. Discover who they are and then follow in their steps.

You do not have to reinvent the dance, just step onto the floor and take the first step.

***"On with dance, let joy be unconfined, is my motto; whether there's any dance to dance or any joy too unconfined." - Mark Twain***

**Contact Deanna Frazier For Speaking and Coaching!**

Deanna Frazer will speak to any size group or meeting. She incorporates humor and shares dating stories and advice in all of her speeches.