

## IS - "Polar Bear Pirates"

( written by Adrian Webster, published by Bantam Books,  
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This is a whimsical look at reaching your goals and dealing constructively with the people, problems and potentials you will meet as you travel to your goal, referred to in this book as " FAT CITY ".

*" Fat City is where the winners live. Most people who live there came from Rock Bottom. No one has ever moved there from Complacency; that where the Norms live, and to get there you go half way up the hill and turn off. The Nobodies all live in Quitter. It is easy to reach; you just stop.*

*There is a very small group of people who just won't give up trying to reach Fat City. The Norms and Nobodies call them the Fools, perhaps not realizing that one day they'll be the ones to discover the hardest of all places to find; a place called Dignity where the Fools are all Kings. "*

Fat City is wherever you want it to be, it's whatever you regard true success as being and it is where you will find such success.

A " Guide Book " and a " Road Map" are offered , providing indicators and recognition techniques, to enable you to identify those who will be helpful to you and those who will act as roadblocks to keep you from getting to your Fat City.

Set out below are some of these indicators and techniques:-

## ***THE OMELETTE ISSUE***

- IF you want an omelette you will have to either make it yourself or ask someone to do it for you.
- If you are going to be making a lot of omelettes, best you learn how to do it yourself
- You will need one or more eggs; wishing for eggs is not an alternative to getting them yourself.

Getting started on your journey to Fat City is the hardest part of the journey ; you will be changed by your journey and just as you have to break eggs to make an omelette, so you will have to break out of your current comfort zone.

## ***END YOUR SOLO LOVE AFFAIR***

Starting your journey to Fat City will require you to leave your ego behind and to learn how to laugh at yourself. If you are in love with yourself you will have end this affair before you start your journey otherwise your journey will be over before it begins.

## ***BECOME A BELIEVER IN LIFE BEFORE DEATH***

This is the essence of being a Polar Bear Pirate ; become a person who has an overwhelming love of life, who infects all they come into contact with their joy and positive attitude to life. Life is seen as a game, to be enjoyed, appreciated and in which everyone is free to play.

With these three basic principles in mind, let us now consider some of the types of positive ( helpful) people and negative ( roadblocks) people we can expect to meet on our journey to our own Fat City :-

**POSITIVE PEOPLE**

**Pineapple People**

- these are prickly people on the surface who are sweet on the inside
- once you earn their trust they will be very loyal allies

**Betty Backroom**

- the Bettys of this world get things done, sort things out and keep the ship on course
- they are dispensers of sound and practical advice

**BIYS**

- these are the people who know that believing in yourself is critical to success

**Doers**

- these people think, plan and then act ; they do not stop at just thinking about something
- they know that their minds are like parachutes; they work best when they are open

**NEGATIVE PEOPLE**

**Neg Ferrets**

- they devote their life to highlighting all the possible negatives to anything and deny the existence of anything positive

**Sinkers**

- these people have little or no talent for success and devote their lives to ensuring that everyone else is as miserable as they are
- they are close relatives of the Neg Ferrets and are masters of turning positives into negatives

**Bloaters**

- these are boastful, lazy, obnoxious, tediously egotistical, reptilian, sad people
- they are full of their own opinions, never listen to others, have degrees in hindsight advice giving

**Molasses Lovers**

- these are people stuck in their own inertia, who always listen to the opinions of others, but have no views or opinions of their own.

## TRY THESE IDEAS

### Ask Rackets

- every time you ask a question, see it as a ball served into the court of the person or persons you are talking to
- use your racket( your knowledge of the subject /issue you are dealing with) to respond to the answer to the question you asked

### Be a Child again

- this means to be childlike, rather than childish, to overcome the conditioning you have been subjected to since your childhood

### Welcome Critics

- you know you are making an impact when you are criticised; learn from all critics, whether their criticism is constructive or destructive.
- learn to love problems; in each problem is at least one potential opportunity
- give positive feedback to critics; it will win them over or drive them mad !.

## WATCH OUT FOR THESE

### Head Treads

- these are people who tread around in their own heads, who are in love with themselves and use their authority to keep out anyone who does have skill, talent or ability

### TNT's

- be aware of tiny, yet noticeable traits in others as well as yourself; such traits can alienate others before you have a chance to sell yourself

### Guilt at Wasting time

- you need time out, to smell the flowers, to do nothing ; reject and suspect those who unfairly criticise you for this

### Vanilla Thinking

- this is safe thinking ,where you think whatever those you are with think
- you may have old videos playing in your head of how you used to be, not how you are now ; replace these vanilla videos with rainbow ones.

WRITE YOUR OWN REFLECTIONS HERE