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Providing Clarity, Promoting Intelligence

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Dear David,

 Ara Norwood

Inasmuch as I am getting this out just under the wire, I will simply thank you for reading *Uncommon Sense* and will invite you to tell me how it has impacted you.

OK, let's get started.

Ara Norwood

Self-Development


Early To Rise

Last issue, I discussed in this column the value of buying a high quality bed. In this column, I will discuss the related topic of leaving that bed at an early hour. In the 1980s I served a two-year mission for my Church. My mission president had taken a leave from his job as the Executive Editor of a relatively large mid-west newspaper to manage our mission and teach us leadership skills. At that time the

policy was that the missionaries were to start their day at 6:30 AM, which, for a guy like me in his early 20s, seemed inordinately early. I'll never forget when my mission president told us that 6:30 AM is the latest he slept in.

Later on I read a book called [*What They Don't Teach You at Harvard Business School*](#). It was authored by Mark McCormack, the CEO of International Management Group, a financial management firm that caters to wealthy professional athletes. I remember reading that this street-smart executive began his day at 4:00 AM. I learned that a very successful executive of a multi-billion dollar financial services firm with whom I have a close working relationship also begins most days at 4:00 AM.

George Washington also began his day during the 4 o'clock hour.

Thus, many examples I have had in my life have persuaded me that if you arise at an early hour, you will have momentum and a great head-start over others who will still be asleep while you are getting a jump  Early To Rise on the day and accomplishing much. I now get up most mornings during the 4:00 AM hour and I not only accomplish a great deal, I have fewer interruptions during those early morning hours, and when my head hits the pillow at night, I'm out like a like within ten minutes and I sleep soundly.

Starting your day early is seen by many as simply something that is too difficult to commit to. The truth is, almost anyone with resolve can make the necessary changes in their life style to build the discipline to become an early riser. Even the most ardent "night people" can make the necessary adjustments in their life. And if you try it for a week, you will find that you can adopt the habit of starting your day before first light, and you will discover a level of accomplishment that you didn't know was possible.


Successful people tend to be early risers.

What's stopping you?

The Elephant in the Room

The Plight of Being an American Criminal

The world is filled with two types of people: those who abide by the law, and those who break the law.

In a normal society that has not descended into anarchy, it is the law-abiders that generally have power over the law-breakers in the macro-sense, while the law-breakers have power over the law-abiders in the micro-sense. A bank robber can "win" by holding up a bank at gunpoint, and thus make off with a lot of cash. He wins in that short-term scenario. 

But once he is apprehended, he loses in the long-term as he serves 15 years in the Big House. The arsonist wins when he successfully fulfills his sick, warped fantasy of burning down a building that is under construction. But he later loses when he is prosecuted in a federal court of law and is locked up.

Likewise, an organization can discriminate against a person who is old, or black, or gay, or of a certain religion, or handicapped, simply because the organization in question doesn't like that kind of person, and thus refuse to hire her when she applies for employment there, or, if already hired there, can terminate such a person. The organization wins that battle because it has rid itself of what it considers to be an undesirable person. But then if that person who was discriminated against files a lawsuit, she might prevail upon the justice system to severally punish said organization, which may then be forced to pay her large amounts of money in damages -- thus losing the war.

Although there are many judges who are soft on crime, most criminals are held to account for their crimes in some way. And if the crime involves a violent felony, such as rape, aggravated assault, second-degree murder, or kidnapping in the first degree, the criminal, if apprehended, is held accountable for his crimes and is punished according to the law.

Many people living in the United States are a bit hyper-sensitive to any notion of discrimination. Such people get amped up about real or perceived discrimination towards women whom they imagine earn less money than men for the same work (which is a myth), or any hint that a person from the LGBTQ crowd got discriminated against, or a person of color being discriminated against, or what have you. Yet there is one demographic that gets discriminated against that is often ignored -- the American criminal.

In the case where you have a Sanctuary City such as San Francisco, Chicago, Berkeley, Irvine, Milwaukee, New Orleans, Ithaca, Aurora, or Boston, you have a city that has said, in essence, "We do not care if a person has broken the law by coming to America illegally -- we don't even consider it illegal because we do not honor that particular law. And we are so intent on protecting such persons who have broken our immigration laws, that we will protect them from federal authorities even if they are violent, dangerous felons. We are even fine if they murder American citizens like Kate Steinle. Their illegal immigration status renders them a unique, singular, and highly valuable person that we wish to keep in our city, and even if they rob banks, shoot people, rape women, or abuse children, we don't care. They are welcome here. We want them here. If they steal our cars, if they defecate on our sidewalks, if they yell 'Fire!' in our movie theaters, or if they sell drugs to our children, these are a rare and valued commodity and we will do all in our power to keep them out of jail and free to roam our streets and wreak havoc on our citizens."


Such insane policies do not seem to reflect the same fondness for American criminals, which usually leads to their incarceration, although advocates of sanctuary city policies do seem to enjoy letting them out of jail early.

Why the discrimination against American criminals? Wouldn't the Leftist city leader, who claims to hold a special disdain for any sort of discrimination, be apt to offer the same sort of perks to American criminals that they afford illegal alien criminals? Can't sanctuary cities be a safe haven for rapists and murders who are American citizens and not merely for foreigners?

And that, my friends, is the latest elephant in the room.

From Ara's Journal

On Being Subordinate

I was in a business meeting a few months ago. Being a consultant,  I was there as an observer. I noticed that a woman, one of the 9 people sitting around the large conference room table, used the term subordinate in a sentence. By subordinate she was describing a person in the organization who was of lower rank than she was. A young man who was sitting across from her expressed the opinion that referring to a person as a subordinate was inappropriate and disrespectful. It was his view that calling someone a subordinate does violence to equality and makes the manager place an underling in an inferior position.

Journal
Writing

I wonder what it is that causes otherwise thoughtful people to lose their sense of perspective. Why need there be offense taken at a perfectly normal and accurate term. To refer to "superiors" and "subordinates" to describe people at varying levels of the Organization Chart should not be a source of contention or controversy. Pretty much everyone in an organization is subordinate to someone who out-ranks them. None of this is meant to imply that a boss is innately superior or a more valuable person in the eyes of God than someone lower on the organization chart.

I wonder if the offended party is offended routinely.

The World of Words

Coalesce

Building Your Power of Expression



Dictionary

Coalesce, V.

Pronunciation: kōələs

Meaning: When something comes together to form one mass or whole, that thing has coalesced.

Usage:

- *The puddles had coalesced into shallow streams.*
- *By themselves, the postulations seem rather disjointed; but taken together, they coalesce to form a single body of coherent scientific thought.*

- *The symphonic score in question enables the orchestra musicians to bring their virtuosity to the fore, which then coalesces into a tapestry of musicality that defies description.*

New subscribers, the Special Report "11 Ways to Beat the Odds" should have been sent out to you already. If you have not received it, please communicate that to me via email (ara@aranorwood.com).

For more information on my work, follow me on Twitter ("Ara Norwood"), or on Facebook (keyword "Leadership Development Systems") or via my website: www.aranorwood.com

Sincerely,

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