

SCREW THE NAYSAYERS
They Suck Anyway!



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Tim Alison



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*For everyone who wants
more from life.*



About The Author



What kind of idiot walks away from a six-figure job in Toronto and moves to a tiny fishing village in rural Nova Scotia? Tim Alison used to get that question a lot. His company went on to sell more than \$10,000,000 worth of educational software to clients all across North America. People don't ask him that question anymore.

Thirty years later when most of his friends were contemplating retirement, Tim decided it was time to start the next leg of his entrepreneurial journey. In May of 2018 he launched the Screw the Naysayers Podcast. The show has grown in popularity and achieved acclaim all around the world. Tim and his guests take on an education system that is failing our kids, and encourages people of all ages to shatter self-limiting beliefs and live the life you want.

Tim also advises and mentors experienced business people on how to harness the power of their knowledge and experience to create a business that provides income and meaning.

You can find out more about Tim at:
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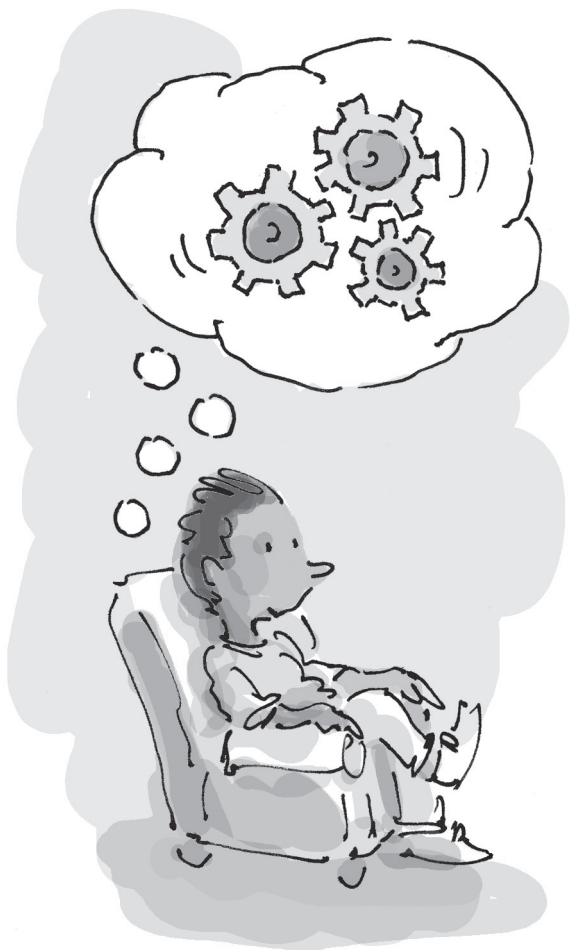


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Introduction

The Dream That Won't Die

At one time or another, we all dream about making big changes. That's a good thing. Because coming out of school, most of us don't have a clue what we really want in life.

Some of us admit it. Others think they have a master plan for happiness all sorted out. Look out world, here they come. Most of those people are wrong. There are all sorts of reasons for that. (More on that later.)

Sometimes your Big Change ideas are just that: ideas. You think about it a bit, and then it slips away.

But sometimes an idea gets stuck in your head and won't get the hell out. It goes to sleep for a while, and then pops back into your life like it never left.

"This is your 2:00 am wake up call," it says. "Are you still trying to pretend you don't want this?"

This frustrates the hell out of you, because the little fucker is right. You *do* want it, you want it bad. That's why the damn thing is stuck to your brain like Velcro.

It gets harder to sleep. One moment you're visualizing what your new life will look like. The next moment you're making a long list of reasons why it's a crazy idea. This list focuses on all the bad things that could happen if you pursue your dream...and fail. The more you want it, the greater your fear of failure.

For most of us, *this fear of failure is stronger than our ability to believe we can live the life we want.* This is not an accident. Our entire society is set up to encourage people to settle.

Dust settles. Should you?

Dust doesn't have much of a choice in the matter. You do. If you wanted to, you could get up tomorrow and do any number of things to change your life.

You could start or leave school, quit your job or apply for a new one, walk away from any number of human relationships (your boy/girlfriend, spouse, domestic partner, best friend etc.), fly to another continent, put your house up for sale, start a business, or simply decide to do nothing at all.

Look, I'm not suggesting that you perform radical surgery on your life without giving thought to the possible outcomes. I'm sure there are all sorts of things that you'd want to consider. For example, it's hard to quit your job if you're living paycheck to paycheck. But even in that circumstance, change is possible. Change is always possible.

Some people, in fact MOST people, will tell you that there is no such thing as settling. These people have opted out, choosing to accept that some dreams are unattainable. After a while, they forget how to dream.

For the rest of us, settling is not an option (if you're reading this book you may be one of them). Those middle-of-the night wake-up calls just won't go away. The desire for change, and all the fear that goes with it, will hang over your head like a leaky bag of cat urine. I know, because I stood under that bag of cat urine for almost three years.

There is only one way to make this feeling go away. You need to confront your fears head on. To do that you need to understand the forces that have been put in place to encourage you to settle. Let's get started!



Part 1

*Preparing for Life in
the Real World*



The Voice

Say you decide to jump out of a plane without a parachute. A voice in your head says, *that's a stupid idea, even for you.*

This voice is your own personal *Debbie Downer*. The voice assumes all ideas are bad, until proven otherwise. The voice focuses on the end destination, such as hitting the ground at 200 km's an hour, and pays no attention to the journey.

Sometimes you listen to the voice. Other times you say, "Screw you, I'm going to give it a try." At least I hope you do. If you don't, please stop reading. I can't help you.

To support its position, the voice uses a database of your past experiences, supplemented with data that has been loaded onto your hard drive. The data comes from reliable sources such as your parents ("Remember your childhood lessons, dear"), grandparents, siblings, teachers, friends, enemies, Google, Instagram, Twitter and Facebook. And for some of you the occasional book or magazine.

The voice hates it when you act on impulse. When the

dopamine high wears off, you often regret your decisions. The voice has been trained to see the presence of dopamine as an indicator of a bad idea.

The voice goes on high alert when you contemplate big life transitions. Changing jobs, buying a house, or dumping your partner, is considered big.

Pursuing a career in the arts is insane. This includes anything to do with dancing, music, acting, painting, sculpting, photography and writing.

Spending money on a liberal arts degree, quitting a job with a steady paycheck, or starting your own business is also insane.

Anything that involves financial risk, depending upon the amount of money involved, ranges from big to insane.

The voice reserves the right to upgrade any transition considered big, to insane, without notice.

Anyone foolish enough to try more than one of the above transitions at the same time may cause the voice's CPU to crash. The voice will not be held responsible for any damage that may result.

When faced with a big transition, the voice goes on a search for more information. The naysayers in your life make it easy for the voice. They bombard you with uninformed bullshit. The voice becomes an open portal, and shovels all this shit onto your hard drive.

Oh yeah, there's one more thing. The voice knows what you really want in life. This can be frustrating if you don't have a fucking clue what that is.

WTF are Naysayers?

Naysayers come in many different guises.

The Hater

Nicole is on her way to an important job interview. She runs into Jane. Jane looks her up and down, and says, “Nicole, are you wearing that to the interview?” She makes it sound like a question, but it’s not. Jane goes through life doing all she can to make others feel worthless.

Bill goes to a local stand-up comedy act. He arrives early to get a front row seat. As soon as the show begins, he starts heckling and interrupting the comic, a young man performing his first show. Halfway through the act, Bill stands, yawns, and slowly walks out of the club. He laughs out loud when he realizes the guy on stage got distracted and forgot his punchline. Bill plays the scene repeatedly in his head, as he heads up the road in search of his next target.

We’ve all seen jerks like Jane and Bill. They get off on another person’s pain, and live to see others fail.

Coach Tim



For the last twelve-plus years, I've been working as a coach and mentor for entrepreneurs, wannabe entrepreneurs, creative artists and other kindred souls. When people hire me, most of them expect that I'll come in with some brilliant solution to all their problems.

Sometimes that's the case, but it is not because I'm brilliant. I've seen and experienced just about everything a small business owner is likely to encounter. That, and the ability to take an objective look at things, is a good combination.

I also find myself mentoring a lot of young adults. Paid gig or not, my real goal is to help people figure out exactly what it is they want in life. I teach them how to use WTF moments as learning experiences, and how their own personal Debbie Downer can be used as a foolproof way to figure out exactly what they want.

That's the hard part, you know. Once you know what that is, you just need to find the courage to start the journey. You'll attract all sorts of naysayers, especially at the beginning.

Screw the naysayers, live the life you want.