TRANSCRIPT WITH NEW INTRO FOR PODCAST EPISODE 89-FALL DOWN. THEN GET UP.

I'm Jill Baughan, and you're listening to the podcast called Find Joy...No Matter What.

This is Episode 89.

I absolutely love being invited into your ears through this podcast; and now I'm excited to tell you there's a new opportunity to listen… to my new book, *No Matter What: 90 Devotions for Experiencing Unexpected Joy in Tough Times,* since it's now available as an audiobook. This was so fun to record, and I'm sure you'll hear that fun in this version. I would love to help you smile as you listen to a devotion in the morning while you get ready for your day, or help you wind up the evening as you get ready for bed…or provide a little bit of joy while you're driving or cooking or cleaning, or doing some random task that's super annoying for you! You can find the audio version on Amazon, Barnes and Noble, Audible, Spotify and many other places. I'll put links in the show notes.

And—in addition to offering up favorite podcast episodes these days, I'll be showing up on Facebook, Instagram and LinkedIn, where I'll be telling stories and sharing lighthearted and serious encouragement.

Thank you for continuing to give me the honor of speaking joy into your earbuds. I love our time together, because…

If you're in a tough place right now, your joy may seem like it's hiding--or gone.

I understand. But it's still there, I promise, just waiting to be resurrected. And this podcast is designed to help you do just that...no matter what else is going on in your life.

For just a few minutes each week, I'll tell you a story--one that just might inspire a way to uncover a piece of joy you might be looking for. Then, we'll consider how it might speak to your life, because even though you'll hear quite a few of my stories during our time together, I believe you'll find your own in every one of mine.

Finally, I'll offer a benediction to send you into your day--or into your night.

So. If you're up for doing joy shots with a friend today...have a listen.

A couple years ago, I broke my leg, and had to learn to use crutches. If you've never had to do this, you may not be aware of how much skill this actually requires.

A friend, who had spent a significant amount of life time on crutches, gave me the very best piece of advice: "Whatever you do, when you're going down stairs, don't lean forward. Once you do that, you're helpless and doomed to fall."

Right, pal. Thank you for that. But who would be so stupid as to, you know, lean forward?

You know where this is going, don't you?

Early on in my crutch adventure, I was doing quite well. I got very good at standing on my good leg and using one crutch as a clothing picker upper, a door opener, and even a weapon. As my skills increased, I got a little cocky. I tried to see how fast I could travel, heaving my body weight to and fro, swinging a little like a chimp from vine to vine. Whatever would add a little fun to this pain-in-the-neck necessity, I was up for it.

And I was excellent at stairs, never missing a beat.

Until one day. One ordinary day, when I was at the top of our stairs at home, being in maybe just a little too much of a hurry to get downstairs. I poised at the top to get my bearings (I'm not stupid). And with both crutches locked into my armpits, I leaned forward (because, you know, I was in a hurry, and my friend's advice was for wimps.) just a little too much. Just a little. I mean, really, just a tiny bit.

But it was just enough to launch me into the point of no return.

You know when people talk about being in accidents, and everything happening in slow motion?

Yeah, it wasn't like that.

It was very fast. A very fast worst feeling ever, when all I could see for a second was a set of uncarpeted wood steps coming at my face, and being absolutely helpless to stop it because, you know, crutches in the armpits.

Honestly, it gives me the shudders just to think about it even now.

I let out a yell--like "Help!" or "Geronimo!" or "Ahhhh!!!" so my husband could hear my voice one last time as I was most likely on my way to meet Jesus.

And then…all I remember is thunk-rolling, down the entire flight of stairs until I landed at the bottom--glasses bent up, one lens out, and flung to the hinterlands of our entryway. Ben came running to rescue me from my own self (too late), saying, "Oh no!"

Now. This "Oh no!" meant a lot of things: First of all, it meant, "Oh no, I hope you haven't hurt yourself." My husband is very caring. But the underbelly of this "Oh no!" also meant, "Oh no, what have you done *this* time?" and "Oh no, why does this stuff happen to you so often?" and "Oh no! I don't think our insurance covers acts of stupidity."

As I lay on the floor, I did a quick body scan.

And miraculously--I don't know how--I was okay. Nothing broken, nothing bleeding. *Nothing even hurt.* How could this be? Maybe I had made The Transition, and was with Jesus after all.

But no, the broken glasses gave it away. I was still here.

And I just got up and said, "We need to get those things fixed." So we got in the car, drove to an optician who, of course, wanted to know if I'd been in a bar fight. "No," I said. "Just fell down a flight of stairs. My friend TOLD me not to lean too far forward on these crutches."

Ignoring good advice often has a price.

Maybe you already knew this.

Maybe you have your own stories of your own failure to heed good advice.

Times when you were a kid, maybe, and plunged headlong into a dumb adventure before your brain had finished growing ?

Maybe…

You stuck a jellybean up your nose anyway.

You touched a hot stove anyway.

You hit your brother anyway.

You drove too fast anyway.

You hung out with people who were bad influences anyway.

You smoked anyway.

You spent your money on that worthless thing anyway.

And it doesn't end when your brain actually finishes growing.

Apparently, according to David Garvin and Joshua Margolis from the *Harvard Business Review,* once people have advice in hand, their most common mistake? Is to undervalue or dismiss it.

Like we needed the *Harvard Business Review* to tell us this.

But maybe you should remember my own sad descent down the stairs…and maybe actually consider taking the good advice of a Trusted Someone in your life, when Trusted Someone says something like,

“You should ask a doctor about that,” or

“Don’t try to do this alone,” or

“Maybe you need to talk to somebody,” or

“Please call me when you feel like that.”

Because maybe you have fallen. Maybe in a relationship. Maybe in a career move. Maybe someone told you not to “go there” and you went there anyway.

And when you found yourself splayed out at the bottom of the stairs, embarrassed and shaken up, maybe you were tempted to just roll yourself across the floor and up onto the couch. But I urge you--get up.

And may I suggest that thereafter, actually heeding good advice can actually be a good idea.

And so, my friend, may you stop beating yourself up for making a bad decision despite the fact that you did the thing anyway that you were advised not to do.

And may you next time listen carefully--with your head AND your heart-- when that Trusted Someone says, “Uh…uhhhhh.”

And may you--if you ever find yourself on crutches--hear MY voice in your head, telling you to never ever lean forward. Ever.

Thanks so much for joining me.

If you know people who spend way too much time catapulting down the figurative stairs, I invite you to share this podcast with them, and subscribe yourself on iTunes, or wherever you listen to podcasts. Or you can go to my website at jillbaughan.com, click on a podcast episode and sign up to receive episodes in your inbox. Just don't miss a single one, because I so look forward to being with you again soon.

So go ahead. Fall down. Then get up. And from now on, when good advice comes your way, listen, my friend. Life tends to be a lot sweeter when you access your fully grown brain.

And when you always, always remember: if you go looking for joy, you'll most likely find it.

Till next time...

NOTES:

Garvin, David A. and Joshua D. Margolis. "Power and Influence: The Art of Giving and Receiving Advice." *Harvard Business Review*, January/February 2015. https://hbr.org/2015/01/the-art-of-giving-and-receiving-advice