

**PIT Stop**

# PIT *stop*<sup>©</sup> Personal I Time



*A healthy YOU sees **you controlling your world** and having a strong, thick exterior guarding against the outside pressures that the everyday living brings.*

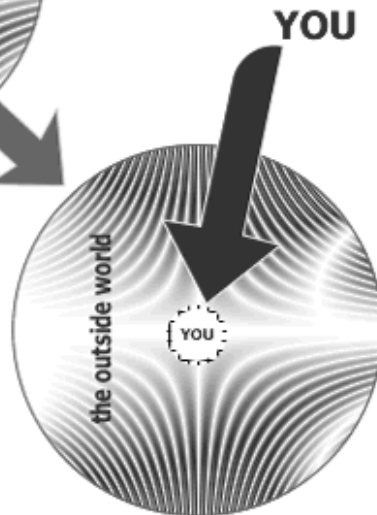
*Unfortunately -the pressure of everyday living starts to invade your healthy space. Small cracks start to appear in your exterior as it thins and the outside world begins to be overbearing.*



*Small things become more of a burden - and people and situations irritate you like never before.*



*Finally you find yourself not controlling your world but your world controlling you. The healthy and strong YOU is no more*



**A PIT STOP - Personal I Time**  
Is the time to build YOU up again. Take a few days out to refocus and regroup.

Reinvest in yourself - *the only cost is time!*  
**The Reward is a better stronger YOU**



## **PIT Stop**

### **Excerpt from David Caruso's**

#### **'Cheese Pizza'**

....."What you need to do very soon is to have a life PIT STOP," the man behind the counter had said.

John had looked at him, and he was sure the questions had been in his eyes as he asked, "What's a life PIT STOP?"

"Personal I Time," the man behind the counter had readily replied, as he had reached for a black texture pen and then had scribbled on the back of a small pizza box. Over the years, your PIT 'Personal I Time' has become crowded and congested with the issues you face on a regular occurrence.

"Whether it is work or personal issues, you find that you get buried under the mass. With this condensed mass now fully around you; and pushing you and your PIT down deeper into its depths, new ideas, new concepts, and awakening thoughts fail to reach you.

"By stepping away and having an annual PIT STOP, just like a car race's pit stop to refuel or to change the tires or to refill the oil, you are not ignoring your issues but, instead, are simply pushing them away to give you the ability to focus on new ideas and thoughts.

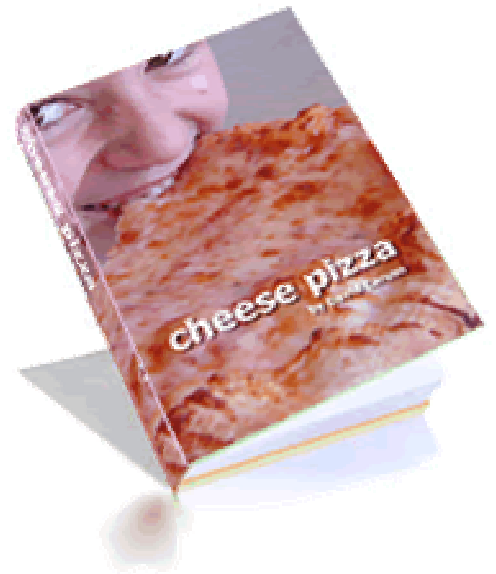
"You will be surprised at all the information that comes to you just by doing this simple task. A couple of days are all you need to retreat to somewhere quiet, without the contact of the outside world, to find your inner self again.

"John, you will be amazed how much clearer your thoughts will be. And, you will be bemused at the new thoughts and ideas that will enter your head. It will also give you the time to prioritise everything that is important in your life. Once you have done this, you will have that focus again.

"Because my friend, you have walked off the path just a little and you have lost your way."

A silence had enveloped the two men as they stood there, face to face, at the shiny silver counter, with the huge bulk of the pizzeria owner on one side and John on the other.

It hadn't been an uncomfortable silence, but, instead, one borne more from an appreciative and respected time to reflect upon. John had related to everything that had been said and, as he had stood there, he had been completely amazed that a virtual stranger had been able to enlighten him to the very problems that he had been carrying.





## **PIT Stop**

John had then taken his seat at the table to wait, and to reflect. When the pizzas were ready, the shop had filled with customers once again as John pulled himself out of his thought process. The normal buzz of activity again encompassed the area, just as it had before the discussion.

With pizzas in hand, John had reached the front door of the pizzeria and the little bells on the door rang as he had pulled the door open.

“Wait, wait just a minute,” the man behind the counter had cried out .....

**For more information on Cheese Pizza and the latest WIN Series of books visit**

**[www.davidcaruso.com.au/books.shtml](http://www.davidcaruso.com.au/books.shtml)**