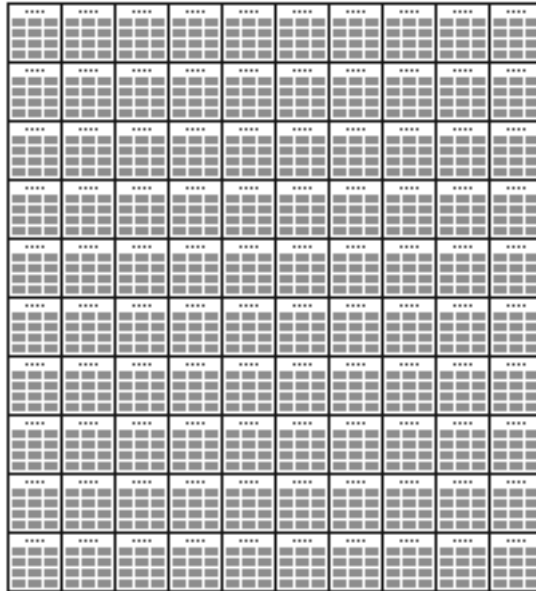


“One of These Days...”



“One of These Days...”
100-Year Calendar-Poster

User's Guide

A User's Guide to Your
Life, Time and Lifetime

Ned Buratovich

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www.LifetimeCalendars.com

Introduction (from the original User's Guide version 1.0)

Congratulations on your purchase of the “One of These Days...” 100-year calendar-poster. It represents the finest product of imagination and technology designed to provide you with many years of valuable service.

You might be asking yourself, “What do I do with this thing?” Here’s what to do: Step One - Put it up on a wall. Step Two - Look at it. These steps may appear to be obvious, but I assure you that they are also telling and significant.

Let’s begin with step one. Find a place to put the poster up. This poster is a concept piece, meant to elicit a certain kind of thinking. Though a large amount of consideration went toward making it visually inviting, it is not the Mona Lisa. It may not go with your decor and it is rather large. Where you put it will depend upon your fascination with conceptual art and your available wall space. I suggest the garage.

I suggest the garage, or the spare bedroom, or on a door, if you have one large enough. At the end of long hallway works especially well. See if you can find a place that was just meant for it, where it belongs, where it can stay for a while. The important thing is to put it someplace where you will see it day after day, month after month, year after year.

This leads us to step two: Look at it. Of course you’ve probably already looked at it. Most noticeable is the heading, “One of These Days...” It is a phrase that I’m sure you have said to yourself more than once. More on that later. Next, most people notice that there is a lot of little printing in boxes. It doesn’t take long to figure out that these are calendars for years, a lot of years, a hundred years to be exact, arranged as ten rows of ten decades.

Not only is that a lot of years, that is a lot of days. People can grasp what a day is (not to be confused with seizing the day), but most people have not visualized a lifetime of days laid out on a single sheet of paper. Seeing them all together on the poster might help us realize that when we blithely say, “one of these days...” - that these days pictured here are pretty much all the days we’ve got.

That is plenty of days, perhaps, but not an infinite amount. As you scan these little calendars, it might cross your mind that on one of the days printed there, one of THESE days... you are going to die. The possibility that a

viewer might have such a realization makes me think of this poster as Conceptual Art. If that seems a bit much, then just think of the 100-year calendar poster as a visual aid, an aid to the awareness that our days are numbered.

Here is the underlying message: for any great dream that you hope to achieve “one of these days,” act now. Don’t be kidding yourself that the time limit on aspirations is infinite. Somewhere on that big piece of paper in front of you may be printed in black and white a date with the full significance: deadline.

The first version of my 100-year calendar poster reached from 1990 to 2089 and really brought this message home. No person old enough to read it would be able to outlive it.

But people who saw that first prototype persuaded me that the finite nature of a person's lifespan could still be demonstrated with the calendar reaching into the past as well as the future. I agreed that most people would want to see a range of days that covered their lifespan. The design was adjusted to span the years from 1950 through 2049. These dates cover much of most people’s lifetimes (well, the Baby Boomers at least) and put the present midway between the past and future.

Subsequent printings of this “conceptual art” piece will be published starting with different decades. Ultimately, many versions may be printed so that every person could have a poster starting at his or her year of birth and going on a hundred years. But for now, what you see is what you got.

What you see is what you got. In life, seeing what you got, and what you didn’t can be of tremendous value. Projection into the future combined with reflection upon the past allows the widest perspective on and fullest appreciation of life. As the Danish philosopher, Søren Kierkegaard, said, “Life must be lived forwards, but can only be understood backwards.”

Also, we connect more directly with dates in the past, even distant dates. Historical dates give us something we can all remember collectively, they set common context. Most Americans can tell you exactly what they were doing on the day President John F. Kennedy was assassinated, the day man first walked on the moon, the day the space shuttle Challenger exploded, the day that the World Trade Towers fell in New York, frequently referred to by just the date: September 11th.

Likewise, past personal events mark the pace of our lives: the days of grammar school, high school, and college, your first car, your first car crash, your first kiss, the happiest day of a wedding, some awful weeks in a hospital, your best vacation ever, the death of a parent, the birth of a child.

Why a User's Guide?

The “One of These Days...” 100-year calendar poster makes a powerful impression on most people without requiring much explanation. It stands on its own. But having something written to accompany it gave me an excellent opportunity for expressing my perspectives about life. Expressing myself has always been very important to me. I kept telling myself I'd write a book (one of these days.)

From a young age I understood that if you write a book, then you are smart, important, famous and people listen to you. Who wouldn't want that? But as I got older, the prospect of writing a book intimidated me. What if I did it wrong and was revealed as dumb, unimportant and not deserving of fame? People not only wouldn't listen to me, they might not even talk to me.

So I bought some books about writing books. I gathered that this might take a lot of work - all that research and writing. Why couldn't I just jump directly to making clever conversation at publishing parties and collecting royalty checks?

I did more research. A book has hundreds of pages and sells in a store for maybe ten or fifteen bucks. That is not a lot of money for a rather large amount of work. OK, so next I considered doing greeting cards. They can express philosophies more succinctly than books. They have only two pages, just a few sentences, maybe a splash of pastel watercolor or a soft focus photograph and sell for \$4.95 (\$6.05 in Canada). To me that seemed like a much cheerier effort reward ratio.

Well, I took this process to the extreme. A poster is just ONE page, mine has only four words on it, still delivers a tremendous message and sells for about thirty bucks. Eureka! I'd discovered my publishing niche.

OK, but then why write a User's Guide? Well, writing a big, well-written book still strikes me as a formidable undertaking. However, I've worked in the computer industry where just about every piece of hardware or software comes with a User's Guide. User's Guides are like books but they don't have

to be well written. This has been repeatedly demonstrated by the fact that many of them aren't. Also User's Guides don't have any particular size expectation (don't you hate those); they can go from two pages to over two hundred. Here's the best part: User's Guides are continually being updated, they don't need to be perfect on the first try.

I can start with a flimsy 16 page photocopied booklet (you're reading it) - version 1.0. Then I can add graphics, a cool layout, and twenty more pages of carefully cultivated observations about life - version 1.1. Then I can put in early reviews from some trend setting customers whose lives have become more fulfilled since practicing the poster exercises (coming up) - version 1.2.1. Then I gather more material for a 40 page offset printed, center stitched version 2.0.

OK, you get the idea, eventually I'll have the 300 page book of poster perspective exercises, practical time management principles, life affirming anecdotes, thought provoking essays, personal growth guidelines and pithy quotes. I will have finally written my first book as a convoluted result of being too timid to write my first book. But we're not there yet. What you're holding is still a User's Guide.

Some people (notably users of Apple Macintosh™ computers) won't read the user's guide. Often they skip directly to the Quick Start Guide, a half page insert with just the essential information. Since this poster is as intuitive and easy to use as a Macintosh™ computer, a similar guide that gives the "why, when, where, who, what, how" of using the "One of These Days..." poster is provided. Here it is:

••• Quick Start Guide •••

to using the "One of These Days..." poster

What A big poster with lots of little calendars on it

Where Put it someplace you can walk up to it and see it every day

Who You

How See how a day, a month, a year make up your whole life

When Any, every one of these days

Why Perspective, understanding, inspiration, motivation, appreciation, peace

The 100-Year Calendar as a Tool for Transformation

Time frames for goals

Every program of personal improvement contains as a fundamental element, the element of time. Any time you participate in a goal setting exercise, you will be asked to declare a timetable. In such situations “one of these days” just doesn’t cut it. No matter what your objective: increased income, decreased weight, mental development, artistic achievement, relationship joy or spiritual peace, you will be required to be specific. How much? By when?

There are so many programs for positive personal or professional development - books, tapes, videos, seminars, workshops, schools, organizations. With any of these, use this poster as an additional tool that supports your progress.

Generally, short term goals are easiest: I will plant the garden by spring. I will finish this book by the weekend. I will go to the bathroom at the next intermission. Actions on the big goals, the important ones, tend to be deferred to some vague, “out there” future. This 100-Year Calendar shows that we have plenty of time, perhaps, but that it is still limited. This calendar gives the long view, a suitably large framework upon which to arrange our important actions. Perhaps, seeing a lifetime of possibilities framed in such a way, the calendar gives us added impetus to take those actions.

Playing the game

Do you agree? Do you want to play in this game? Yes?

OK, Step One: put the poster up. Now this isn’t one of those severe developmental programs where I’m asking you to walk over hot coals, or spend a week in the wilderness, or reveal your childhood traumas to a roomful of people you have just met. No, I’m asking you to take some simple, very easy steps. The first one is to put the poster up on a wall somewhere in your home, your office, even your barn.

There might be some resistance to this, because the poster is large. Two friends were talking about it. “This thing is as big as a bed sheet, in fact, it could be made into a bed sheet.” The other replied, “Yeah, but then the title would have to be changed to ‘One of These Nights...’”

I suggested the garage because there’s usually a lot of unused wall space in there. I would be honored if you framed the poster and hung it in your living

room and rearranged the furniture to accommodate it. I would be very surprised, but I'd sure be honored -- and that's not what I'm asking. I'm saying, just put it up somewhere where you can see it from up close, (the printing is teeny), and where you can see it from a bit further away, (the title is big). Putting it someplace where you'll notice it at least once a day is best.

Now comes a test: Notice, did you put the poster up? Did you tell yourself that you would, but then didn't. Whatever you did, there's a lesson there. Believe me, if you intend to use this as a tool, much greater benefits accrue from having it up where you can see it. Keeping the poster rolled up in a closet behind your winter coats doesn't work so well. Well, maybe it sort of works, when one day, fifteen years later, you clean out the closet, unroll it and say, "Gosh, I never did put this thing up, and gosh, I guess I never did accomplish (fill in the blank) or (fill in the blank) either."

OK, do you have it up now? Yay! (Bells ring, lights flash, somewhere a flock of starlings take flight.) Congratulations, you have completed the hardest step in the "One of These Days..." 100-Year Calendar-Poster program of life achievement and appreciation. Really. Allow yourself to feel great. The next step is even easier.

Step Two: Look at it.

Yay! You've already completed step two. That's all there is to it, looking at it. However, there are lots of different ways to look at it. This whole conceptual piece, after all, is about perspective, or perception, which means literally, how you look at it. I've come up with some ways of looking that you could try. I call them Poster Exercises and you can do them as often as you'd like. (They build character.)

Exercises specific to the 100-Year Calendar-Poster

Finding today within the context of life

The most basic exercise is to find today on the poster. Get your face really close and maybe point out the date with a finger or a pen. Now step back a bit and observe how that day, how today, fits into everything else around it. Repeat this, move in close, focus on today, then back away and let your vision incorporate the week, month, year, decade and century. Do this a number of times until enlightenment strikes (or until it doesn't.)

Finding your birthday

An easy exercise is to discover what day of the week your birthday is on this year. How about the year you were born, the year you turned 16 or 21 or 30, 40, or 50 or 80? [Note that if you didn't do step one (putting the poster up), this exercise is really hard.]

Mapping out your goals

Obviously you can map your timetable for your important life goals onto this poster. The little colored map pins work excellently for this. Decide by what day you must reach a certain objective. Then stick a pin on that date. Some people call this putting a stake in the ground; it gives you the target to aim for. If you're taking consistent action toward your goal, then every time you pass by the poster the mental picture and great feeling of achieving your dream will grow as the words, "One of These Days..." are sensed in your peripheral vision. If you're not taking action, then the words will have a different feeling.

The colored marker method

You can also use this poster to keep track of your well-being. Get some fine tip colored markers. At the end of each day make your mark. If you've been feeling blue, put a blue dot. If you felt healthy, in the pink, put a pink dot. If you felt sunny, put a yellow dot. If you felt crappy, put a brown dot. Do this for a few weeks, months or years. After some time you will see definite patterns emerge. Ten years of brown dots means something is wrong.

Some appointment calendars boast of being week-at-a-glance, or month-at-a-glance. With the colored marker technique, this poster becomes a lifetime-at-a-glance.

Looking back at life

This poster goes back over 50 years. Pick out your favorite year from that time span. What made it your most cherished? Pick out your favorite month and ask yourself the same question. Now close your eyes and pick out a month or year at random. What was life like during those times? What did you learn? Go back from the present a year at a time and reflect on that year in your life. If you're up to it, go back from the present a month at a time and see what recollections turn up.

The pendulum swings

This next exercise works like a pendulum, swinging back and forth from future to past. Think about how you want your life to be, or the kind of person you want to be X days, months or years in the future. Then go X days, months or years back in the past. Then swing to the future, do you have enough momentum? For example, if you want to double your income in the next five years, see if you doubled it in the last five. The typical stock and mutual fund disclaimers say that past results are no indication of future performance. I agree, but this is just a mental exercise that could give some insight.

Cultivating appreciation

One of the greatest insights from looking back and looking forward (reflecting and projecting) is that you have been blessed with some wonderful experiences in the past and that you look forward to be blessed with even more in the future. Work with the poster a while (or play with it, if that's more your style) and cultivate this appreciation. Develop an enlarged awareness of the breadth and span of life in all its splendor and majesty.

I'm not suggesting that you live in either the past or the future. I'm proposing that by reflecting on the past and projecting to the future, you set an empowering context for the present. The past is history, the future is a mystery. All we have is the present and the present is a gift.

Your mental bank account

Have you ever been in a bank vault with its row upon row of safe deposit boxes? If not, try to imagine it. Now see this poster with its row upon row of years and little squares of months like the safe deposit boxes in a bank vault. Guess what? These boxes are all yours to fill with valuables! The key that unlocks them is the present. The process that fills them is your daily dedication to do what you love and to become who you were meant to

become. Fill these boxes with a fullness of life and witness how this becomes your treasure.

Additional exercises

Well, that's it. Those are the 100-Year Calendar-Poster exercises, maybe cosmic, maybe corny - but, hey, this is User's Guide 3.1 and it doesn't have to be perfect. I encourage you to come up with additional exercises of your own. Also, these exercises don't have to be done every day. The poster works subliminally, and sometimes after a month of leaving it on the wall and not really looking at it, its message will reach out and rouse you.

Reflections and Poetic Expressions

Family Acknowledgments

I don't believe you can look at something that causes you to think across the decades and not think about family ties, from your grandparents to your grandkids and perhaps beyond.

My mom has been a supporter of this project ever since she saw the first poster paste-up prototype. She always told me to value my past, but look to my future. Well mom, I did it, I got something published that valued the past and looked to the future. (here's the part where if this were TV, I would look to the camera, smile and wave like an awkward, goofy sweepstakes winner, and say, "Hi mom.")

For my dad, who (when he was alive, bless his soul) needed both glasses and a magnifying glass to read these tiny calendar dates, I am reminded that if this poster doesn't work as a transformational tool, then at least it can be used as an eye chart.

My grandmother, Baba Tereza, was a source of wisdom and love for our entire family. She was my confidant for my entire childhood and much of my adult life. She came to the United States in 1950 from a tiny village on a small Adriatic island to rejoin my grandfather after 26 hard years of separation during which she raised her children and cared for her elderly in-laws. She came from a peasant's life in a place with no electricity, no paved streets, and no running water to a land of TVs, freeways, and supermarkets. Baba kept her values and her loving sense of humor throughout. She made her own clothes and her own soap (in bars as big as bricks). She grew up without a stove, but, boy, could she barbecue.

It was at her bedside, where I waited during the last week of her life that I contemplated just how much life experience she had witnessed. She was almost 93 years old. I thought about how such a long life, made up of so many experiences, so many days, might be comprehended. It was during that week, next to Baba Tereza's bedside that I sketched out the first design for a bunch of little calendars on a sheet of paper. I owe Baba a lot, my love of life, to be sure. I owe her again for inspiring the idea that came to be this poster. Hvala (Thank you), Baba.

One of These Days (poem by my brother)

Life goes on all around you.
Life goes on within you.
Life goes on without you.
Don't let it pass you by.
Realize your dreams before you die.
Take your life through, into the next phase.
Make it happen one of these days.
Do what you need to do to create something new.
Be who you need to be, don't be trapped by insecurity.

On the path to your destination,
 don't be trapped by procrastination.
On the path to your destination,
 live a life full of your own creation.
Live a life with the fullest of appreciation.

Take your life through, into the next phase.
Make it happen one of these days.

by Nick Buratovich

Time (poem by my mother)

What is time? Time is life.
So, don't waste it, embrace it.
Give time thought instead of letting it go.
Put it in action, to give you satisfaction
It means, use it wisely, and it will repay you nicely.
Time is a gift and it will give you a lift
When you use it and don't lose it.
Losing time is like losing life.
Give time all your love and respect,
And that is a beauty you will expect.
And, when time comes near the end,
You will have nothing to mend.
Only happy feelings in your heart,
About the time, which was your life.
And you will thank God for blessing
Your time, and your journey through life.

by Frances Buratovich

Imagining Eternity

Creating the “One of These Days...” Lifetime at a Glance 100-Year Calendar-Poster caused me to think a lot about time and lifetimes. I think about time a lot, and eternity is a lot of time to think about. So I collected my thoughts into the following essay. It presents something to think about:

Our perception of reality defines reality, some would even say, creates it. Science searches for the nature of matter and energy, space and time. In quantum physics, particles are described by probability equations. So it is with us, our existence in time is predicted by actuarial tables, described as the probability of life expectancy.

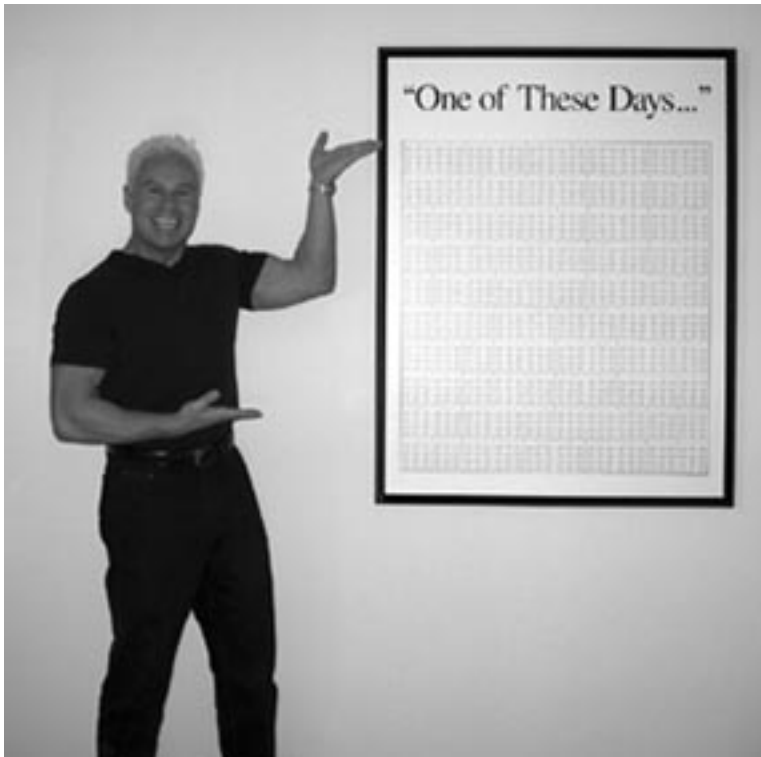
Scientists are fond of “what if” mental experiments performed in the imagination.

What if you had only one day to live? To whom would you express your love, your forgiveness, your gratitude? What debts would you repay, what gifts would you give? What final words of wisdom would you write or speak? What would your last creation be? What is the last lesson you would want to learn? What would your last sunset look like?

What if you had only one minute to live? What would your last thoughts be? How would you make your parting with life, your peace with yourself and with your God?

What if you had only one life to live?

Maybe you believe that when you die, you live in eternity. What is eternity? Our science cannot define it. Our minds cannot comprehend it. Our language cannot describe it, except maybe to say that eternity is all the time there is. If that is so, then we do live in eternity. We have all the time there is.



Ned Buratovich, creator of the “One of These Days...” 100-Year Calendar Poster, was born and raised in California in a Croatian immigrant family. He worked 25 years for various high tech firms as a software engineer, explaining this poster as “graph paper for charting your life.”

For the last eight years, Ned has been a popular public speaker, delivering innovative presentations on imagination (hence his company name, **imagineNed**) and personal transformation. Long fascinated with the flow of life across time, Ned has recorded his experiences in more than 30 years of written journals.

To contact Ned for presentation services, or to obtain more 100-Year Calendar Posters or other “Creations of Imagination,” please visit his websites at:

<http://www.LifetimeCalendars.com>

or

<http://www.imagineNed.com>