



January 20, 2009

Jeff Davidson
Breathing Space Institute
3202 Ruffin Street
Raleigh, NC 27607

Dear Mr. Davidson:

Thank you for taking the time to speak at the Council Bluffs Chamber of Commerce 2008 Annual Meeting today. I sometimes find myself questioning the career path I've chosen. At times I feel overwhelmed by tasks of little significance.

That being said, I realize time was limited and would like to thank you for providing clear labels to the dysfunctional areas in my life. I have struggled with each mega-reality in a bipolar fashion most of my life; cycles of collecting and purging. I used a Franklin Covey planning system for a couple of years which I loved because I was limited by what would fit in a binder and hated because it was too heavy and embarrassing to carry in public places. It became a useless collection of paper and information. I now have a blackberry which I love for its size and access to information but dislike for scheduling.

I'm looking forward to the CD and DVD and hearing your suggested solutions for handling the new realities of our present world. It's an ironic shame there wasn't enough time for you to expand today.

Regards,

A handwritten signature in black ink, appearing to read "Shawn Cannon", with a long horizontal flourish extending to the right.

Shawn Cannon
Contractor Resources Specialist
FedEx Ground