Why is it so important to use your wings/outlets?

You need your **wings**, or wingmen. Your **wings**, or wingmen, are the people in your life that have your back. They make you laugh and you truly enjoy spending time with each other. They can take the ball and carry the load when the game of life is throwing too much pressure at you. You need to surround yourself with good wingmen and then make points to spend quality time with them.

**Using** your **outlet** is crucial; and the **outlet** must get out wide. When you’re driving hard down the lane of life towards the/your goal and run into too much pressure, that’s when you use your **outlets**. Our outlets in life are our hobbies or things we enjoy doing for the fun of it. Everyone needs time away from the stress of life, jobs, and pressures of the day-to-day. You need to fill yourself back up and this is done through using your **outlets**.

They should be **out wide**, meaning there should be considerable **distance** between them and the lane you’re driving down. **Distance** helps the floor stay **balanced**, just as it helps life stay balanced. If you never spend separate time with your outlets and wings away from your lane (job/goals), the floor of life will never be **balanced**; this is when **turnovers** happen. Not using your **outlets** will result in **turnovers**, and **turnovers** always result in **missed opportunities**.

- What turnovers have you made lately? What opportunities have you missed?
- What are your outlets?
- Are you using them? When was the last time you used them?
- Do you ever crowd your outlets into the same lane as your responsibilities?
- How can you create distance between your outlets and your “driving hard to the basket” lane?