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### TV personality and author inspires crowd

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News-Post Staff

Well-known television interviewer, storyteller and author Bill Boggs delivered an inspirational message to area business professionals Thursday.

Boggs used excerpts from his book, "Got What It Takes?" -- a compilation of interviews in which [successful](#) people reveal what it takes to get to the top.

Boggs said he went into interviewing because of a small radio his parents gave him. He became fascinated by radio personalities who interviewed people.

"I'm one of those people who, with a little luck and help from a higher [power](#), was lucky enough to fulfill his dreams," Boggs said. "I didn't just interview these people, I studied what makes their careers soar."

He learned from his favorite guest, Frank Sinatra, that sometimes you have to scrape bottom in life to realize how wonderful life could really be, Boggs said.

Achieving [success](#), conquering diversity and enjoying a happy life was the focus of Boggs' presentation. A successful life must embrace the pain of discipline or fall prey to the pain of neglect, Boggs said.

"You're not going to achieve success if you can't conquer adversity," he said, and it's all for nothing if you don't apply discipline.

And be thankful as well.

"The single, most important thing you can do, assuming you're healthy, is to be grateful. The attitude of gratitude is really, really special and important," Boggs said.

One of the mistakes he made early in his career was he settled in a job where he wasn't really happy, Boggs said, urging his audience not to settle.

While he dawdled in that job, his mother had to remind him of his ambition to be a talk show host.

"Is this your deepest aspiration? Your heart's desire?" she asked. "Or had I postponed, canceled or forgotten about some primary goal I had?"

"When you get a spine-tingling inspiration, you got about 20 seconds to do something about it," he said.

An elderly man told Boggs that whatever he's done that day he has exchanged a day of his life for

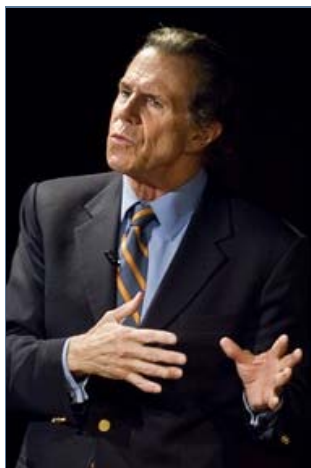


Photo by Travis Pratt

Four-time Emmy-winning television interviewer, inspirational storyteller and author Bill Boggs presents "Got What It Takes?"

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it.

"So how's your exchange rate?" he asked the audience of business professionals. "These questions are for you to take home. Am I satisfied with what I'm doing or is it worth what I'm doing?"

Resentment is like taking poison and waiting for the other person to die and the [energy](#) leaders or supervisors give off is infectious, he said, Boggs said.

He wouldn't have gotten the deal to publish his book had he not shown up to an event he didn't really want to attend, Boggs said.

"There's value in showing up," he said.

Hard work, confidence, following your passion and not being afraid to take risk are the keys to success, Boggs said.

Change is inevitable but growth from that change is optional, Boggs said.

Quoting Darwin, Boggs said it's not the strongest or most [intelligent](#) of the species that survives. It is the most adaptable.

"Don't hold on to the past and forsake the future," he said.

Bitterness in the workplace comes from people who go home and feel they haven't been appreciated, Boggs said.

"Jack Welch said, 'I find the more I praise people, the harder they work for me,'" Boggs said. "What do you want your legacy to be? Live everyday as if it's the last day of your life. One day it will be."

Your actions have to support whether your life reflects the pain of discipline or the pain of neglect, the author said.

Boggs was invited to [Frederick](#) by the city's economic development department, 270inc magazine and Vistage International for the [Frederick](#) Keynotes event at the [Frederick](#) Community College Jack Kussmaul Theater.

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