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COACHING FOR RESULTS

LIFE HAS ITS CHALLENGES

I have been remiss in keeping up to date with my newsletter. No excuses but I did have an accident washing the dishes. Sunday night, washing up, large china salad bowl slipped, broke on the bench and in an effort to catch it, slit across my wrist and cut it almost to the bone. Subsequently I have not had much use of my right hand over the last six weeks, however I am almost back to new.

As I said to my wife, the lesson is, men should not do the dishes!! (only joking)

What it did is remind me how easily things can happen in life and it's not what happens, but how we handle it.

One of the valuable lessons I've learned in my life is that life has cycles, and when we're going through adversity and trauma, this could possibly be a cycle, instead of a never-ending downward trend.

In our culture, we live with a kind of belief that says, "You should be happy; everything should be going well. You shouldn't be sick, angry, frustrated, anxious, financially

challenged and all of the rest . If you are sick or unhappy, there's something wrong with you."

In Christian teachings, it is understood that life includes suffering. It's part of being transformed, made new, and I think if we understand that, then when challenge comes, we no longer think, "There's something wrong with me, I'm a lacking person." Instead, we say, "Oh, here's a challenge. How do I meet it?" And perhaps sometimes, we can invite ourselves to meet adversity and trauma with the utmost grace and peace.

I've also learned from personal experience, even when outer circumstances remain challenging, we can invite ourselves not to feel bad about feeling bad. But what happens is that, on top of this, we often judge ourselves for feeling this way.

One way to bypass this self-judgment is through the path of least resistance. Here, you let whatever you're feeling or experiencing pass through you, like sunlight passing through a pane of glass. You learn to look at the glass and say it's half full, not half empty.

TAKE WHAT COMES.

Don't expect perfection for you'll never find it here.
This is earth, not heaven, so with charity and cheer,
Take what comes, the good, the bad and don't start whimpering,
When you're disappointed with a person or a thing.
Do not worship idols and complain when you have found,
Feet of clay beneath the robes in which you've wrapped them round.
Everyone is human. do not be too critical,
When someone fails, remember that you too, are fallible.
Keep your ideals in your heart and set your standard high,
But don't lose faith when things go wrong, just let the storm blow by.
Don't ask too much of life or reach beyond your range,
Accept and learn to live content with what you cannot change.

BY PATIENCE STRONG.

EXITING NEWS

In the next couple of weeks you will receive a *video email* that will give you an opportunity to;

- Receive 12 months personal coaching in small groups

- Join “Breakthrough for Business”, a business network of around 200 people, that meets monthly for breakfast, networking, top guest speakers and workshops.(12 months membership)
- Receive my new 8 pack DVD series that shares the key principles for building your business and your life and
- A sales DVD series that will blow you away, conducted by Gary Schuller.

All of this at a price you won't believe.

Please contact me if you wish to know further or if you have trouble viewing the [video email](#).

John Lockwood

2006 - THE YEAR OF CHANGE