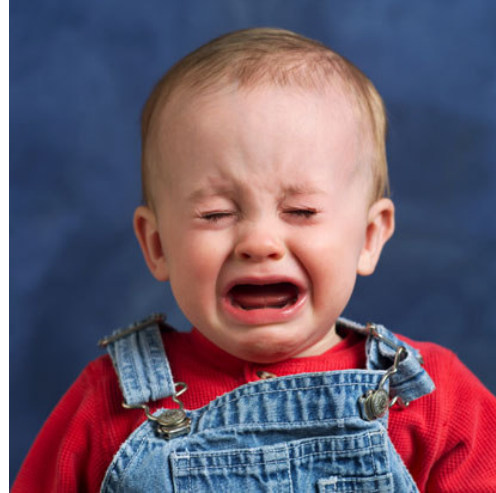


# RECOGNITION...

## Babies cry for it, women & men die for it

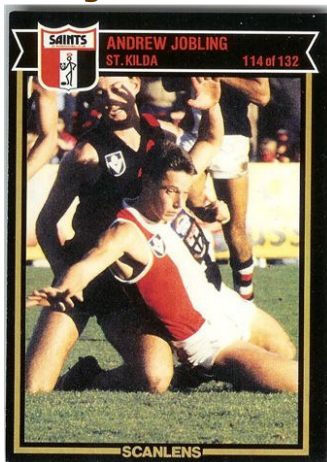
I mentioned in last week's article that I had played football for St Kilda, a professional football club in Melbourne, back in the 1980's. I explained how I found out that I had been sacked from the club after 7 years of service after reading about it in the newspaper. I discussed my 'crybaby' attitude and the fact that my reaction, not the act by the club, had ended my professional AFL career. Well I am happy to say there is a happy ending...



More than 22 years after that fateful day in 1987 the air is finally clear! I must admit that I have always carried around some sadness in all those years, even if I had been able to let go of the resentment and bitterness some time ago after I realised that my outcome is my responsibility.

Last night Laura and I were invited, as guests of the St Kilda Football Club to a recognition function and celebration of the services of the past players of the club. Their goal is to seek out and recognise every living past player which totals over 600 men. As I sat at that function being recognised with only one other past player on the night, I felt very humbled. I thought about my very short and truly unremarkable career compared to many others and some of the greats of the club and I felt grateful as any sadness simply disappeared.

### Recognition breaks down barriers



As the MC introduced me and audience recognised me, some even remembered me, I felt a warm glow inside. I got an opportunity to speak and whilst I could have quite easily talked about the hard times and being unfairly treated, I could of talked about a football card where I was falling over (one of my special talents!), I found nothing but positive and glowing words about the club coming out of my mouth! I was presented with a special boxed jumper, a photo and statistics of my career. The club had gone to an enormous effort to put this together and make the presentation and as I walked back to my seat I felt like I could conquer the world.

Laura and I then watched the game of football and I felt important and special and it was a night and a feeling that I will never forget. For the first time in many years I am actually proud of what I achieved at St Kilda FC. It is so true that genuine recognition really does break down barriers.

### **So what is the point?!**

I am certainly not telling this story to say "look at me, aren't I fabulous", I am telling it to make the point about the incredible power of positive recognition. Let's think about it, when are we likely to be more productive at work; when our boss yells at us and tells us to shape up or we will be sacked, or when our boss pats us on the back and tells us that we are doing a brilliant job?



Don't you feel amazing, just as I did, when you get positive recognition and a pat on the back? Doesn't it motivate us to be a better partner, a better parent, a better child, a better sibling, a better employee, a better boss, a better team mate, a better friend when we feel important and special? By understanding this about ourselves, wouldn't it make sense that everyone else, who isn't us, would feel and respond the same way to positive recognition? The question is; how can we use this example and information to make a difference in the lives of others and consequently improve our own lives?

### **Let's start today**



This one act, of positively and deliberately recognising people will have an incredibly profound impact on the lives of everyone involved. Not only will you feel great, the person you recognise will feel special and will then be very likely to go and make someone else feel special that very same day. One positive word of encouragement or recognition by you could start a chain reaction of positiveness and power!!

Can I make a suggestion? As soon as you have finished reading this article could you think about and immediately act on recognising someone for something they have done, for the person that they are or for how they have impacted your life? Be it your partner, your children, your parents, your siblings, your boss, your employees, your clients, your coach, your mentor or your friends. It doesn't matter at what stage of life someone is at – they are never too old, too happy, too successful, too rich or too anything to be told that they are loved and appreciated.

Babies will cry and keep crying until they are recognised. Grown men and women will die and keep dying for the feeling that their life has meant something to other people. Now is the time for us to let those people know that they are truly making a difference in our life.

Have a brilliant week

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*May 30, 2010*  
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