

THOUGHTS FOR THE WEEK...

It is getting increasingly difficult to come up with articles that will benefit others and that you will be actually compelled to read. As I was thinking about what to write this week a flood of great things came to me that had happened to me this week. Things that impacted, reminded and/or inspired me and so I have decided to share some of them. So what follows are my thoughts, lessons and insights (TL&I) for the week beginning Monday August 30, 2010...



TL&I #1 - The achievement is so worth the effort.

Laura and I achieved a new and exciting level in one of our businesses this week. It has taken 12 months of focus. A lot of the time we have had fun, much of the time has been exhilarating, but also a significant amount of the time has been inconvenient and challenging. There were times when we really wondered whether it was worth it and whether it would really happen. But we just stayed focused on the end the result and we achieved it and it was so worth it! My strongest encouragement is to keep a one-eyed focus on the desired result you are after and just keep going, irrespective of circumstances, until it is achieved – you will be so glad you did.

TL&I #2 – Not everyone agrees with us and that's okay

I used to get so upset when someone disagreed with something that I said. I took it personally and got insulted and upset until I came to realise we are all different and that we have different opinions on many things and that is okay. I actually disagree what other people have to say at times, so why shouldn't they be able to disagree with me? I did a talk during the week and got some quite critical feedback. I looked at what the person said and analysed for a short time; I took on board the feedback that would help me and disregarded the rest. I had no emotional reaction to the feedback, except gratitude that the person actually took the time to write it down. We need to understand that every person sees things through a different filter of conditioning and experiences and there is no way that we could ever all see things eye-to-eye... and that is okay!

TL&I #3 – We are waterproof!!

I went for a run this morning (Saturday) and it was raining. Not cold, not windy, just a refreshing shower of rain to keep me going. It was actually really enjoyable. What I noticed was that far less people were out exercising than would normally have been the case had it been dry. Why are we scared of the rain? Why don't we want to get wet? When we exercise we sweat and end up wet anyway. This lesson is to remind everyone that we are all waterproof – a bit of rain won't hurt! Don't let it stop you doing what you need to do be the healthy and happy person you want to be.

TL&I #4 – Praise, don't perfect

I am someone who expects a lot of myself and other people. The problem with this is that everyone has different expectations about what they believe is good enough. This week I was reminded again about the amazing people that are in my life; friends, family and associates that are doing brilliantly based on their individual circumstances. It has nothing to do with me. I have been reminded this week that it is far better to praise people for what they are doing, rather than try to be critical and perfect things they aren't doing. We all love to be praised so let's share the love!

TL&I #5 – Decide exactly what you want...

I am reading the book 'Think and Grow Rich' by Napoleon Hill this week and in chapter two he suggests the importance of deciding exactly how much money you want to be making and working out exactly what you will do for it. It has been a fun exercise for me to take the 'lid off' and make a list of all the things in my life I wish to spend money on and workout how much I would need to earn to enjoy those things without any limits. Wow, I need to make a lot of money!! I have a plan, do you? Why not try this activity and then all you need is a plan to make it happen. The book is worth reading.

TL&I #6 – My dad rocks!!

Tomorrow is Fathers Day and I have been thinking about him this week. There has never been a time, that I can remember, when he hasn't been there for me and that I haven't known beyond a shadow of a doubt how much he loves me. He is an amazing man and I am so incredibly grateful to have him in my life. Thanks dad, I love you and you rock! Whether you get on with your dad or not, he is doing the best he can and if it wasn't for him you wouldn't be here. Why not tell him (maybe even more than once a year) how grateful you are for him and how much you care? Maybe you need to forgive him or ask for forgiveness – why not do it? Life will be so much better if you do.



I hope these thoughts, lessons and insights help - Have a brilliant week!!

*Andrew Jobling
September 5, 2010
www.andrewjobling.com.au*