

Reflect

Ben Hart :: Consultant, San Francisco

Many of us have ideas about what we want from our lives. Big bank accounts, thriving relationships, meaningful work and healthy bodies appear in our sights as desirable goals. While these are certainly possible qualities of a fulfilled life, there is danger in becoming fixated on these ends, imagining them as the promising keys to our happiness.

Instead of basing our happiness on what we can get from the world and structuring our lives in this pursuit, we can instead choose to live from the inside out, experiencing happiness as an ever-present quality and structuring our lives not for some end, but around a vision we hold for ourselves and the world. This vision can be our greatest sense of our own potential, our dream of a sustainable society, or an artistic pursuit that brings more beauty to the world. Whatever the vision, there is power in claiming it for ourselves. Our visions are not ends to be sought from the world, the failure of which will lead to despair or resignation. Rather, our visions are sourced in our passions, brought forth as expressions of joy and love as gifts for the world.

To reflect on where you stand in this regard, think of your life now. Is there a goal you are scared you won't reach or is there a passion you are excited to be manifesting each day?

Are you being pushed by fear or pulled by vision?

In order to get to this place of being pulled by vision we must take time to reflect and refocus. This requires stepping away in some fashion from the many distractions that fill our lives. How can we expect to connect to our passion and gain clarity when we are tending to our cluttered inbox, the ringing cell phone and the pressures of family and relationships? It is a painful experience to not be fully living for something and many of us may have years of covering up our unsatisfied hearts with busy work and social schedules. To connect with what our vision is in this moment of our lives, we need to step away from these distractions and take time to listen deeply.

Greetings! Now spring is upon us, the time when the Earth blooms again, a time of renewal, rebirth, and rejuvenation. This year the season assumes a renewed importance. As our country goes through economic transition, we have the opportunity to look inside ourselves and gain a renewed appreciation for our own lives and the lives of those around us. Today, the renewal of our country and self go hand in hand.

Renewal requires you to reflect, as calmly, honestly, and rationally as you can, on your own life, to take stock of yourself. Renewal requires you to ensure that your values and actions serve your life and your well being. What are your priorities? Do the things you desire and spend time on truly give you the deepest, long-term satisfaction? Are you living up to your full potential?

We invite you to take this opportunity to begin your own process of renewal—**reflect**, **refocus** and **reclaim** your Personal Edge!



Piper Abodeely :: Principal

Quote

"Live not for some end, but know why you live!"

—unknown

One recommendation toward this end is to take 10 minutes each day to just sit on your own and ask yourself—What is my purpose? Don't move until the time is up or you feel clear in your next steps. Notice how uncomfortable this practice is and how quickly you may try to distract yourself by counting floorboards or thinking about the shopping list. The pain of not having a vision to live for will push you toward distraction, just as it does throughout your lives with the many 'ends' you focus on for fulfillment. If you repeat this day after day though, and make it a discipline, distractions and inner excuses will start to fall away and a greater sense of purpose will move you into action.

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This process is truly a life long journey. With time and growth your vision may tweak itself, alter greatly or actually fall away entirely, making way for what is next.

Regardless, you can come back to the process and connect to what it is you are living for. Start your practice tomorrow, as you first open your eyes to the light...what vision pulls you into your day?

Refocus

What I Really Mean is...

Peter J. Olson :: Consultant, Seattle

The majority of my emails and letters contain the phrase, "Take care," at some point in my writing. In our current economic crisis, we all know someone who has been impacted in one way or another (layoffs, changes in retirement plans, financial challenges/struggles, etc.) In the past months, the phrase, "take care," has taken on an entirely new meaning for me.

I am continuously reminded of the fact that change is good and a necessary part of our lives. This may not bring consolation during the challenging times, but I firmly believe that good can, and does, come out of crisis/challenges. In our personal lives and also in organizations/business, crisis and challenges force us to assess and evaluate what we are doing well and what needs to be done differently to become more effective, efficient, and innovative in our vision.

When crisis and challenges arise, it naturally causes us to assess our personal lives and values. As business leaders

and employers/employees, it forces us to take a closer look at how organizations are functioning and what we can do both as individuals and businesses to get back on track. After taking time to assess and determine why things have occurred, we have the opportunity to respond.

When challenges come in life, how do you respond? We've witnessed some organizations and individuals flailing wildly in reaction, while others have seized the moment/s, assessed the situation/s and responded in ways that will inevitably make the person/organization stronger. The process of evaluation and reflection in our lives and work should not take place annually or quarterly, but rather, on a daily basis. Now, when I write the words, "take care," it carries new meaning—it's no longer simply a statement to wish someone well, but rather, a process to engage the challenges we all inevitably face and a reminder to actively reach out to others, for this journey is not meant to be traveled alone.

What phrases do you find yourself frequently writing or saying these days?

What meaning do they have for you? What meaning do you intend they have on others? Perhaps they have or will take on new meaning as well...



Take CARE,
 C—Crisis/Challenge
 A—Assess
 R—Response
 E—Evaluate (Continuous and Constant)

Reclaim

Transitions of a Global Scale

Charlene Wilson :: Consultant, San Francisco

One of my mentors once told me that there are two main reasons that people seek coaching. One is because they are in pain in their current lives and want relief from that pain. The other reason is that they can see possibilities for a greater future and are ready to step in and take charge of their lives. I think perhaps our most pivotal transitions are a combination of both.

In this time in history, the entire global community is experiencing both pain and possibilities. The pain of losing one's job or home is a lot to bear and causes a ripple effect throughout life. This ripple is touching and impacting each of us. It would seem that we really are all in this together. What do we do with that idea? How can we make the most of this situation? Knowing that, at the end of the day, the only life we can live is our own.

It is important to remember that we have choices. We get to choose what to pay attention to and where to put our actions and emotions. Perhaps it is too daunting to look at the global economic situation. So where do you have personal power? Where can you activate your emotions and concerns to have the greatest positive impact? What hopes and dreams have been waiting for the opportunity to emerge? Change is everywhere, but how do you create the opportunity to make this a powerful pivotal transition?

- First: honor the pain.
- Second: step boldly into new possibilities while staying centered in your purpose.
- Third: acknowledge your successes and milestones

Where can you activate your emotions and concerns to have the greatest positive impact?

Stay Connected

We invite you to contact us to learn more about how we can support you or your organization to reflect, refocus, and reclaim your personal edge! You can reach us by emailing: info@pivotaltransitions.com

