2 WAYS TO DEAL WITH CHANGES IN LIFE

HOW WE CHOOSE TO REACT TO OUR CIRCUMSTANCES DEFINES US

By JESSLYN LAI
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VICTOR Frankl was a neurologist, psychiatrist, and a Holocaust survivor. He spent three years in concentration camps and lost most of his family, including his wife, there. He suffered intolerable abuse, starvation, freezing cold, and exhausting physical labour. He lost everything, including a manuscript he was working on.

When you read a book, you have to be proactive to his situation based on his values—choosing to be proactive, grow his personal strength of character, and rise above his circumstances to be positive.

In one of the best examples I have seen of someone choosing to be proactive, he chose to share his thoughts about learning from one of his hardships, and overcoming them. He records his observations on tiny scraps of paper and hid them, so he could keep writing. Those scraps later became a book. “Man’s Search For Meaning,” after his release.

When we choose our response based on values—we are proactive. When we choose, our response based on emotions or feelings—we are reactive.

The proactive person will rise above his or her situation, take personal responsibility, and choose to be proactive by developing their character. The reactive person will blame anyone and anyone else for their circumstances and choose to do nothing.

Often, we don’t feel like being proactive. When the server gets your order wrong at a restaurant and your steak is well done instead of medium rare, how will you respond?

A response based on your feelings of frustration and disappointment would cause you to blame the server, blame the restaurant, get angry, and become demanding. A response based on your values (assuming you value people) would cause you to assure the server you understand mistakes happen and politely let the restaurant correct the mistake.

Easier said than done? You bet. But, we all have two choices when it comes to dealing with change. We can be proactive, respond based on our values, and choose personal growth; or, we can be reactive, respond based on emotions and feelings, and choose to abdicate our personal responsibility for growth.

Here are three reasons why we should always seek to be proactive when responding to change.

1. Being proactive will help you manage your emotions. Your happiness is not dependent on your circumstances. That doesn’t mean you aren’t striving to improve, but it does mean you can learn to be grateful for what you have.

2. Being proactive will allow you to stand out as someone who is a leader or who has leadership potential. Those around you will realize you have good character and take responsibility for yourself and your growth. You will shine because not everyone can embrace change.

3. Being proactive will help equip you to meet the challenges of change and turn them into opportunities. Changes are not something to be afraid of but rather something to be hopeful about because there is potential for something better.

By RIA STORY
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Ria co-founded Top Spin, a consulting company offering keynotes, coaching, leadership training, and coaching. They work with organisations to unleash leadership potential by taking the complex and making it simple. Raised on an isolated farm in Alabama, Ria suffered sexual abuse at the hands of her father since she was 12. At 30, she escaped her home without a job, a car, or even a high school diploma and learned to not only to survive, but also to thrive. She shares her story to inspire hope and teach others how to apply the same success and leadership principles she applied.

HAVE you thought about trying something new but haven’t gotten to it yet? When was the last time you delayed doing something that its priority gets constantly pushed back? How many times have you felt a prompting within, but did not do anything about it?

IT might not be all about procrastination.

FORGOTTEN SEEDS

The lack of resources, knowledge, skills and opportunities are some real reasons we keep certain ideas and desires in the subconscious. If they are kept aside for too long, they become seeds that are not planted; they have so much potential, but its fruits may never be harvested.

WE may not have all that we need at the moment, but don’t throw away these seeds away just yet. Instead, write down these ideas and desires even if we don’t know how to make it happen.

Slowly but surely, we can move towards our goals when we make a point to take small initiatives. There will be obstacles along the way but as long as we are willing to press on, there will always be opportunities for creative ways to overcome challenges.

1. By JESSLYN LAI

EDUCATOR, ARTIST AND LIFE COACH

AN ENDING MUST HAVE A BEGINNING

One morning as I was creating an event in my calendar, I accidentally marked an end date before the start of the event, and a pop-up window alerted me with this message: “Sorry, you cannot create an event that ends before it starts.”

I smiled to myself thinking that it’s time to change how we look at it and how we respond to it.

It happens, but take courage!

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RESSLYN Lai is an artist motivated to live out whatever her heart feels called to do. She believes that our passion for something is there for a reason, encouraging others to live out the desires that are placed in their hearts.

She is an introvert thriving to live beyond her comfort zone, fascinated and thrilled by new discoveries and connections. You can get in touch with her at editor@leaderonomics.com.