

(on attitude) Glass Half Full? or Glass Half Empty?



I have been told that I wear rose-coloured glasses, that I have a “Pollyanna-esque” approach. To which I say, “Absolutely!” In my opinion that is the best way to get through life.

In fact, I would go on to say that much of how I live is governed by my belief that all is right in my world, that is to say, the universe remains in control, chaos does not rule.

Silver Linings

Take the following true story. As a single mother, supporting two teen daughters and with no child support from the “ex,” I was fired. Not for cause, but nonetheless, when I needed it most, I was escorted to the door (quite literally). Six months later I landed another job, there I met my second husband, and we’ve now been married nine years! You see, being fired was for the best.

Go With the Flow

And take deadlines. I never miss a client’s deadline, but I did miss my own for this newsletter. I’m glad that I did, though, as the inspiration for it arrived in my email last Friday. Had I strictly met that deadline (for something unessential), I wouldn’t have been able to share the following story and link with you. All is well in my universe, and life unfolds as it should.

The Weight of a Snowflake

The piece that inspired this newsletter came from Denise Bissonnette—a remarkable woman who promotes her idea of “work that should be molded and crafted to be the expression of our finest gifts and a source of great joy.” In it, she shared a story:

“What is the weight of a snowflake?” a robin asked a wild dove.

“It weighs nothing more than nothing,” was the answer.

The story goes on to relate that finally enough snowflakes clustered to break off a branch during a snowstorm. And goes on to wonder if one more voice could impose global justice and peace?

Power in Thought, Action and Intention

Which brings me to my message. There is power in thought, in action, and in intention. If you are unemployed, underemployed, worried about your situation or otherwise not feeling hopeful, a la Pollyanna, use your mind to bring you to a place of comfort. Think positive thoughts, use visioning, as do elite athletes, to see yourself in a good place, being valued at work, having a decent job, getting whatever it is that you need. If there is power in thoughts (and the pervasiveness of prayer no matter what religion would suggest that most people do believe that thought has power), then don’t conjure negative power with negative thinking. Do not dwell on the fact that your boss doesn’t value you or your work, start envisioning her valuing you; do not agonize over the possibility of losing your job, start envisioning it getting better; and by all means do not envision yourself losing your job lest you create a self-fulfilling prophecy.

More on Overcoming Challenge

Check out Ms. Bissonnette’s article, at http://www.diversityworld.com/Denise_Bissonnette/newsletter.htm. This month’s article continues January’s theme, which provides a view of leadership and initiative. February’s explores how to remain engaged and optimistic when faced with challenge, setbacks, and yes, the feeling of defeat—something we all face. Bissonnette is inspirational — I highly recommend her readings. All the best, Stephanie