

April Newsletter – Row, Row, Row Your Boat

As the old twin-turbo Fokker 100 hit the dusty tarmac at Paraburdoo airstrip and the fasten seatbelt sign was turned off, I instantly twigged that something was amiss...

The mad frenzy of seat belts being unbuckled and passengers reaching into the overhead lockers to grab their belongings and to disembark ASAP was noticeably absent, apart from yours truly who was innocently leading the charge. It was only after a second or two that I twigged why.

99.9% of those on board were heading to work...they were in Fly In mode.

In that very moment I also realised that I might have made a rash judgement about FIFO workers being 'unhappy' in light of their reluctant behaviour, when I checked myself.

Only the week before had I been riding the train to the city early in the morning when I registered the same reluctance in the faces of many of the daily commuters, who obviously didn't dare show tardiness while disembarking or they'd miss their stop!

Whether in the air or on the ground, there didn't appear to be much difference. My conclusion? There are a lot of commuters out there, unhappy with their lot.

Now If you're one of them, just know that while there may be things that you can't change, be it the boss, the roster, the weather, the economy or the next door neighbour, there *are* things that you can...beginning with your thinking, which as you know shapes your attitude, which in turn determines your altitude (Zig Ziglar re-mashed).

So, if you want to fly high, here's what I'd suggest:

Start rowing your own boat!

Here's why...

To successfully row a boat, you need an **OAR**. **OAR** stands for:

O = Ownership

A = Accountability

R = Responsibility

People with these attributes have an internal as opposed to an external locus (location) of control, which basically refers to the extent to which they believe they can control events affecting them.

Those with an external locus of control tend to blame others, justify and make excuses, beat themselves up, have lower expectations and don't push themselves to achieve headier heights.

Those with an internal focus on the other hand take **OAR** for their actions and in doing so propel themselves forwards in life, experiencing higher levels of success, with greater mental and physical wellbeing thrown in for good measure.

So, next time you're stuck in peak hour traffic, pulling on a handle strap in a crowded train carriage or feeling confined in an old Fokker 100, know that you have the power to point the dial in the direction of a smile...it's all an 'inside job'. Just grab an OAR!

Here's to flying high as you row, row, row your boat gently down the stream.

Till next month, remember...

Life is but a dream.

Caroline