

June 2015 – The Week that Was

I can't believe that the end of June is nigh upon us and that Christmas in July celebrations are already being locked and loaded. It's mad!

'Where are the weeks going to?' I keep asking myself again and again and again. Now realising that I sound like a broken piece of vinyl, I've decided to ask myself a better question, which hums to the tune of 'How are the weeks going?'

Well, apart from fast, this begs the question of quality. Good? Bad? Indifferent?

A business associate and I had a great confab the other day and into the mix came the concept of designing our 'Perfect Week'.

'If we're talking perfect, it'll never work...because I'm not perfect' was the initial gremlin that that flashed across my internal screen.

Now isn't that interesting? The big 'F' word was shining like a beacon. The 'P' word was already setting me up for 'F'ailure.

In the blink of an eye, I quashed that ridiculous thought (isn't it great that we control our thoughts?) and considered how often it is that people don't shoot for the stars because they'd rather not try than fail.

Now back to quality...if we're not trying (shooting for our own goals, stars, targets, outcomes...call them what you will), we're going to sell ourselves very short in the 'Q' department and will likely end up shooting ourselves in the foot instead.

So, here's what I say for the week ahead...dare to dream, think big, think bold, think beautiful.

And when it gets to the week that was, take a leaf out of Dr Sean Richardson's book (Sean is a leading sports psychologist who has worked with a number of AFL teams):

"Be excited about your wins and disappointed in your losses. Be aware of the difference between disappointment and regret. Disappointment suggests that you did everything you could to succeed and you failed doing 100%. Regret suggests that you didn't get the result because you didn't do everything you could."

To that I'd add...Perhaps you didn't even try!

Celebrate quality effort, even if you don't get a perfect result. We get one shot at life but an infinitesimal number of shots along the way.

Here's to creating your dream week.

Till next month

Pitch 'Perfect'

Caroline