



Tips to keep you airborne!



Taking a leaf out of my old book
December 2023

The end of the calendar year is often one of reflection for many people, not least myself, so pondering the fact that I've been scribbling these posts for the past 12 years (the realization of which came as a shock to me), I thought I'd dig into my archives and resurrect my first ever December newsletter, which was way back in 2011.

What did I write? Would I like how I wrote it? Would it be good enough to repost? Would it still be relevant? Would the message stick?

'Heck...why worry...just do it', I thought.

So, here is 'Taking Stock', unplugged and unadorned, as my Christmas contribution (for the 2nd time round), as it does seem a fitting way to end to the year.

Heck, if you were with me back in 2011, it's hardly likely that you'll remember having read it, let alone all the major events that happened in the world that year, prompting me to write 'what a year it's been!'

BTW...Google has just informed me that it was a big year for news, including the deaths of Osama Bin Laden, Steve Jobs, Muammar Gaddafi, Kim Jong-il, the massive earthquakes and 10-metre tsunami in Japan, the riots in England, the crisis in Greece et al...not forgetting the royal wedding in the UK.

Time is ticking. Things happen. How quickly we forget. 12 years on, how have you been travelling? Time to take stock...



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December 2011 Newsletter - Taking Stock

Well folks, December it is and here we are as the curtain gets ready to close on yet another year...and what a year it's been! Now for some of you, reading these bold words will conjure up an image of an ab fab year but there are those of you will read the complete opposite. Isn't it fascinating? Chances are that your take on it will depend on whether you yourself have had an awesome year...or not as the case may be. The meaning of communication is indeed in the message received and your perceptual filters have a lot to answer for...but that's another story!

Before contemplating a leap into the New Year, I'd like you to consider putting aside some quiet time to look back on the year that's been for you and to see what's unfolded on your silver screen and how the performance has measured up.

Did you create a blockbuster with a sequel in the making or did you fail to make the box office?

There are those of you who will find the review process easy by virtue of the fact that you've kept a journal but some of you will be stymied because you've failed to keep track, perhaps unwittingly not appreciating the merit in doing so.

This message is for you...know that you are the captain of your ship and that every good captain takes the lead from Captain Kirk of Star Trek fame and keeps a log. If you happen to crash and burn, having a black box (or a black journal, or an orange one...as black boxes are actually orange) will go a long way towards giving you clues as to why you are where you are at.

You may have been headed for the Bahamas but ended up in Bermuda.



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Maybe you closed your eyes, crossed your fingers and threw caution to the wind. Either way, you got an outcome, but is it the one you planned for, assuming you had a plan that is?

So, grab your journal, rustle up some popcorn, settle into a comfy seat and re-run that movie with a critic's eye that will give Margaret Pomeranz and David Stratton of ABC-TV's *At the Movies* fame a run for their money! As you do so, pay heed, take note, look, track and learn and avoid future potential to crash and burn.

In the meantime, have a wonderful Christmas and remember that as a child you most likely wrote a letter to Santa Claus with a well-thought-out wish list that was magically filled.

Funny thing that! Let's see how we can create some magic lists in the New Year for you to fill with the help of well-formed outcomes.

Till then, have a wonderful break, be present, enjoy your presents and let your presence shine!



Caroline

PS - If you're ready, work with me directly to see how you can benefit from some wellbeing coaching to help keep you AIRBORNE, reply to this email with "yes, more information please".

PPS - If you know of anyone who might enjoy reading my newsletters, feel free to forward this to them and ask them to subscribe!



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