



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Certified Life Coach and MSW

Words of Wisdom

January 2009

I just finished reading *The Last Lecture* by Randy Pausch. Randy Pausch was a dynamic computer science professor at Carnegie Mellon University who was invited to give a lecture for their series that asked professors to consider, "If this was your last lecture, what message would you deliver?" The irony of the invitation was that Randy was terminally diagnosed with pancreatic cancer. He passed away in July 2008.

Randy's lecture, which can be viewed on YouTube at www.youtube.com/watch?v=ji5_MqicxSo inspires and prompts you to reflect on your life and values. He titled it "Achieving Your Childhood Dreams" and presented how he made his childhood dreams come true as well as sharing some words of wisdom, or as he says, "what worked for me."

One piece of wisdom Randy shared - *don't complain, just work harder*. I have met some champion complainers in my life. How about you? Complaining is not a success strategy but an energy-waster. Time and effort that could have gone into a solution are lost on words and emotions that bring no change.

Another tidbit of wisdom - *don't obsess over what other people think*. Again, worrying about what is in other peoples' heads wastes energy. Not only that, worrying what they think can prevent you from taking successful action. Have you ever thought, "I'll just be bothering (my friend, co-worker, spouse) if I ask for help? They'll think I'm dumb or silly or too dependent. I'll do it myself." Then, you struggle, frustration mounting, all because you worried what someone else would think.

And, under the heading of *Be the First Penguin - experience is what you get when you didn't get what you wanted*. What a great way to remind ourselves that great ideas and learning come from what didn't go as we planned! (Notice, I avoided saying the f-word - failure.) Regardless of the outcome, you gained experience and, as Randy points out, experience can be the most valuable thing you have to offer.

Randy shared several pearls of wisdom. I found meaning in all of them. Then, I began to ponder what my words of wisdom would be. I believe we all have words of wisdom we can share that others can benefit from. Our life experiences are diverse and unique. However, as we zip along from day-to-day, we don't take the time to reflect on our experiences and collect our thoughts as Randy did.

As the calendar rolls into 2009, what words of wisdom would you share from your 2008 experiences? What about words of wisdom from your life experiences? What skills, knowledge, insights have you gained? What did you learn from your challenges and obstacles?

I invite you to share your words of wisdom with me. With your permission, I'd like to compile and share them with other readers in the February issue. Your gem of insight can remain anonymous if you choose. The point is we all have something valuable to share with each other. And, we don't need to wait to be invited to a last lecture before we share our wisdom.

Attention Business Owners and Managers

Do you need to address any of the following concerns in your business?

- Employee Retention
- Interpersonal Conflicts
- Ineffective Customer Relationships
- Poor Team Performance
- Problem Solving Difficulties
- Vague Goals or Direction
- Low Morale or Team Spirit
- Low Customer Satisfaction

The Peoplemap System starts by using The Peoplemap instrument, a short personality questionnaire that takes about 10 minutes to complete and is 95% accurate, to measure personality type. The Peoplemap is based in positive psychology and focuses on developing natural and learned strengths. The goal of the Peoplemap system is to teach people in a short period of time how to understand and **communicate effectively** with anyone in any situation, such as sales, customer service, team building, or management.

Contact Suzette at 410-757-7326 or Suzette@SuzetteLangley.com to set discuss the training needs or challenges that you are facing in your business. Additional informational materials and the opportunity to take the questionnaire are provided in the meeting.

Upcoming Events at Big Vanilla Arnold

NEXT WOMEN ROCK – Friday, January 9th - 7:30-9:30pm

This 2-hour program will help you tap into your mental and physical strengths as you discover how the rock wall is a metaphor for life and life's challenges. Feedback from this program is **phenomenal!** The women who have participated have learned about their strengths, expanded their comfort zones, understood how they face challenges, and discovered new ways to overcome obstacles. Join us for a ROCKIN' night and walk away feeling empowered!

Fee: \$25 members/ \$35 non-members

4 women MUST BE pre-registered to hold this program.

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Register online at: <http://www.bigvanilla.com/arnold/adultclasses.html> or call 410-544-2525 to register.

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