



nucleus of change

Empowering people for a sustainable change

NOC Newsletter

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What is your plan for 2009?

What really does matter to you?

It is official now: We have entered a period of recession, downturn, financial crisis, you name it. All the newspapers, magazines, TV, radio, etc. are announcing a doom and gloom year in 2009. Other thousands of jobs will be suppressed and according to the CIPD, there will be 2.9 millions jobseekers in the UK by next Christmas.

We know that after a period of downturn comes an upturn. The question is when will that happen? No one knows and everybody expects it will be soon. We think that after the recession life will be easier, right? Think back now. How was your life before the 'official' recession? Was it better with no problems? Are you going to wait and start to live 'normally' again after the recession is over (we still don't know when it will finish!). Do you know what is around the corner for you after the recession?

Perhaps this moment is just the right time to start that thing you have always put aside for when you will have more time. This is the moment to be creative and ask better questions. What do I have to learn about this situation? How is it helping me? Some people are facing tough time for sure and it is surely not a comfortable situation to be in. However it's worth remembering that no matter how thin the slice is there always are two sides. Life is full of dualities: Day and night, good/bad, beautiful/ugly, black/white,... you got it!

Someone asked recently: "If you could live forever what would you live for?" I thought for a moment and I said that may be if I could live forever I probably wouldn't be so motivated to do what I need to do. Back in July 2006, I had one year to write my dissertation for my master's degree. I thought I would finish it in 3 or 4 months; to be honest I was passionate about the subject, I had all the material you could possibly imagine and I was

going to write a small piece everyday. The deadline to send it back was July 2007. Before I knew, it was already one day before the deadline, and I was still reading and editing the document until past midnight. On D day I finally managed to finish it and sent the document out. If I didn't have a deadline do you think I would have been motivated to complete that work? Perhaps not, there is always something important to do and the time is counted.

What is it that you have been putting aside for some months or perhaps years and you don't feel motivated to do even if you know you should do it?

A group of people of 95 year olds have been asked what are the 3 things they wish they had done when they were younger. The answers given were almost the same:

1. **Have less regrets** - not for what they did but for what they didn't do (to take more risks, have more pleasure,...)
2. **Take time to reflect more**
3. **Leave a legacy**: something they will be remembered for once they're gone

What are the 3 things you want to achieve before it's too late?

January is the perfect month to look back at our lives and **decide** what we will make different this year; not another vain resolution but serious action.

I will leave you with these wise words to meditate on: "it's never the situation itself which matters but what does matter is the way you choose to react to it". 2009 will be how you choose to see and live it.

Happy and abundant year 2009!

All the best,

Francine

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