



nucleus of change

Empowering people for a sustainable change

NOC Newsletter
Spring 2009 edition

Do you really need that stuff? What if you could live with far less than you think?

I had a great conversation with someone recently about the fact that we accumulate so many things in our life that we don't necessarily need.

The fact is that we can live with only 20 or 30% of what we have. I don't exaggerate!

Let's take the example of clothing. We have some favorite clothes that we wear all the time no matter how full or empty our wardrobe is. What about the other things? Some might argue that we might need that fancy dress we bought 2 years ago and we still haven't found a place to go and wear it. The same thing is true with books, CD, DVD or food that we buy and we never use.

Spring is generally the time when we de-clutter our homes, 'ménage de printemps' in French. You might have already started to pack the winter stuff, perhaps to throw away some of them or bring them to your local charity shop to make room for the summer colorful and lighter outfit.

Wouldn't life be easier if we just have what we needed when we need it? I bet that people have become more creative with the credit crunch to live on budget. This is certainly true for me! We realise that we can live with far less than we thought we could.

The question is how do you determine what you need or don't need? Easy but difficult question.

Actually, the idea of missing something is more painful for us than the real lack of it.

Here comes the moment of decision; weighing the various possible options to do or not to do can become a difficult exercise when you live with the

anxiety of loosing job, being made redundant or not finding any job when you have been looking for a long time now. After weeks, months, even years of indecision habits, we end up at a high level of procrastination.

How to get out of that state then? This is the really difficult one. I will suggest that two types of events would lead to action:

1. There is no other choice than to deal with it and the situation has become too uncomfortable
2. There is a deadline and the time is counted

The energy and motivation needed to get out of this trap can be immense but once you get out of the doldrums the most difficult part is done and the momentum needs less energy to sustain it.

What are you doing whilst in the waiting zone?

The egg laid in the present was created in the past and contains the future.

Whatever you are doing today creates tomorrow. You will harvest only what you have sown.

The work needs to be done and the price paid.

Don't be impatient the fruit will come in its own time.

Take a moment now to ask yourself:

- Do I need all of what I have in my life today?
- What do I have to let go?
- What do I want to reap ?
- Which seeds do I need to plant & nourish?

The Spring is the best time to sow, don't delay the moment and see you in the summer!

All the best,

Francine

Upcoming Events

Nucleus of change new series of Change Leadership seminars and workshops to start in April 2009.

News

The report about SOHCA project in Sierra Leone is now online (Resources section)

Recommended online reading

[Wisdom, Knowledge Management & Leadership: Linking the Past, Present and Future](#)

By Dr Bruce Lloyd, Professor of Strategic management, London South Bank University

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