

Is it the End or the Beginning?

I like to take the time at the end of the year to reflect back on some of the things I learned over the year. At a time when most of us need to be doing that in order to assess where we want to go, we rev our engines and race around like rats on speed trying to get things done as if time would run out and we would be left standing on the street corner with cup in hand or worse, arrive at the grocery store just after the last gallon of milk and loaf of bread has been sold. Could I be so shallow as to complain about a friend whose worse nightmare is for the glaze to slide off her holiday ham?

What or whoever gave us the idea that if we didn't get something done that we were failures. "Who has time for reflection, I'm too busy." It's just another way we avoid and put off looking at our disappointments, what we needed to do differently, what we needed to change in order to spring board our life into another orbit or acknowledge ourselves for a job well done. I think we fill our lives with self-appointed importance to avoid dealing with all of the feeling and emotions that weren't bargained for and can't be dealt with. And before we know it the New Year is here and we're off running again. STOP! In a quiet moment consider these questions.

What was my greatest achievement this year?

Did I make my goals?

What happened that I wish didn't? How did I handle it? What could I have done to avoid it or done differently?

Did I contribute in some small way to the overall improvement of my life or the world?

What were 5 things that I learned?

What changes did I make?

Who do I need to forgive?

Who do I need to thank?

Who do I need to spend more time with? (myself, included)

How many books did I read?

Did I do everything that I could to promote understanding in the world, among my friends and within my family?

When I think about next year, what do I want? How do I want to answer these questions next year?

What do I want to change?

Chris Hall has this great saying, "The way to predict the future is the create it because you already are." By your thoughts, words and deeds you are creating your future world. If you do not change these, you will have a similar experience next year and the year after that. Will you live 80-100 years of succulent, exciting, happy, curious, awe inspiring discoveries or one year 80-100 times? It is up to you.

I thank each and every one of you who did business with me, told a friend, co-worker, employee or family member about NLP or did something this year, 2004, to enhance their understanding of themselves or the world.

Here is a letter from a client who was able through his NLP skills create a move from IT, somewhere he'd been for 20 years to strategic planning and development with his present company. May each of you have the kind of success you dream of.

From David Goldstein:

The knowledge and skills I have gained through learning NLP with Susan Stageman has given me a new framework for thinking. This framework has been a core component of my success for several years.

NLP focuses on communication, both inter-personal and intra-personal – how you communicate with others, and how you communicate within yourself. I have learned that before I can communicate effectively with others, I first must be clear in my thinking, knowing the outcomes I want and making them come alive and be strong. NLP is a toolset that has enabled me to do this quicker and better than I could have without NLP.

Through my classes with Susan and integrating the learning deeply, I am much more effective in my career. I have been recognized and rewarded for my flexibility, adaptability and clarity of communication, skills I didn't possess earlier on.

I can see, present and analyze situations from different perspectives. NLP enhances my ability to listen and discuss with others, drawing others to do their best thinking. These skills often help me identify new or creative solutions, or to be more confident about mundane solutions.

NLP helps me excel at asking great questions. People tell me that the questions I ask get to the core of the matters and help them think clearly and deeply. People frequently consult me to help them analyze situations from an independent viewpoint. I don't tell others what to do or make recommendations – I only ask good questions that help them make decisions for which they are responsible and accountable.

An important element in my NLP education is frequently validating that Susan's teaching is consistent with a strong set of ethics and solid principles. While Susan is non-judgmental in her teaching and work, her teaching is supported by a solid ethical foundation.

David Goldstein