



# talking about...

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... *designing better relationships for better outcomes*

## To Be Successful

***"Success is a journey, not a destination."***

... Ben Sweetland, Author

For human beings, the process of living has us always in the experience of now, yet through language we are also able to speak to a past and a future. Indeed our capacity to consider a past, present and future is so much part of the human condition that it is very easy to forget we do it. Our orientation to the future sets up expectations of how we want our world to be which often manifests itself as our goals and desires in life and generates an impetus to create the future to which we aspire. This drive into the future has led human beings to create highly complex societies and have the most impact of all creatures on the planet.

Our temporal nature also can lead us to focus on success as something to be achieved in the future. At one time or another, most people will consider what it means to be successful in life. In the modern world, many people will define success in terms of what they want to possess or what they to achieve in the future. In doing so, it is easy to consider success as something always out in front of us rather than something that exists for us now. Yet it is important for us to feel successful in life to feel good about ourselves. Our self-esteem is tied up in the value we see in ourselves. Yet if we always see our success waiting for us in the future what does that mean about how we feel about ourselves now?

Take a moment and consider the simple question of "how successful do you feel now?" I would expect that most people reading this would feel reasonably successful when they consider where they are at in life. This is not to say that we cannot aspire to something in the future. If we do as Ben Sweetland suggests and consider success as a journey rather than a destination, perhaps we could learn to better value what we achieve each day rather than constantly striving for success in the future. Who knows we may feel better about who we are.

Therefore, we invite you to live in the question, "How successful do I feel today?"

***"What is success in this world? I would say it consists of four simple things - to live a lot, to love a lot, to laugh a lot, and from it all, to learn a lot."***

... Richard J. Needham

## Some nice back chat ...

Thanks to Greg Stephenson who keeps sending us amusing material...

It was mealtime during a flight on a British Airways plane:

"Would you like dinner?" the flight attendant asked the man seated in the

front row.

"What are my choices?" the man asked.

"Yes or no," she replied.

A flight attendant was stationed at the departure gate to check tickets. As a man approached, she extended her hand for the ticket and he opened his trench coat and flashed her.

Without blinking an eyelid she said, "Sir, I need to see your ticket not your stub."

A lady was picking through the frozen turkeys at a branch of Sainsbury's but she couldn't find one big enough for her family.

She asked a passing assistant, "Do these turkeys get any bigger?"

The assistant replied, "I'm afraid not, they're dead."

The policeman got out of his car and approached the boy racer he stopped for speeding.

"I've been waiting for you all day," the bobby said.

The kid replied, "Yes, well I got here as fast as I could."

When the policeman finally stopped laughing, he sent the kid on his way without a ticket.

A lorry driver was driving along on a country road.

A sign came up that read "Low Bridge Ahead."

Before he realised it, the bridge was directly ahead and he got stuck under it. Cars were backed up for miles. Finally, a police car arrived at the scene.

The policeman got out of his car and walked to the lorry's cab and said to

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the driver, "Got stuck, eh?"

The lorry driver said, "No, I was delivering this bridge and ran out of petrol!"

A teacher at a polytechnic college reminded her pupils of tomorrow's final exam.

"Now listen to me, I won't tolerate any excuses for you not being here tomorrow. I might consider a nuclear attack or a serious personal injury, illness, or a death in your immediate family, but that's it, no other excuses whatsoever!"

A smart-arsed guy at the back of the room raised his hand and asked, "What would happen if I came in tomorrow suffering from complete and utter sexual exhaustion?"

The entire class was reduced to laughter and sniggering.

When silence was restored, the teacher smiled knowingly at the student, shook her head and sweetly said, "Well, I suppose you'd have to write with your other hand".

***"Life is a succession of lessons which must be lived to be understood."***

... Ralph Waldo Emerson (1803 - 1882) philosopher, poet, essayist

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