

Hiccups can sometimes be a hand-up

By Heidi Alexandra Pollard

It's a fact of life that everyone makes mistakes and the busier you are and the more you do, the more mistakes you will make. The important differentiating factor between ordinary people and extraordinary people is how well they deal with these inevitable ups and downs of life.

The circumstances may be out of our control, however we can always choose how we respond. At any moment in time you can choose to be a victim or a victor. Victims take a negative worldview, seeing life as a stream of problems, unfairness and injustice. Their expectations are generally low and in turn they don't get much.

People with a victor mentality on the other hand, have positive worldview and continually see opportunities and possibilities. They believe that everything happens for a reason. They approach their lives, their work, and their relationships with optimism, joy, and a general attitude of positive expectations. They expect success and in turn, are seldom disappointed.

Mistakes are a big part of everyday life business, but it's how you react to them that will determine your destiny. If you fear mistakes and hiccups to the extent that you never take risks, you'll never grow. If you choose to learn from them, you become the kind of person who welcomes obstacles and setbacks as opportunities to flex your mental muscles and move ahead.

Feedback comes in many forms. Got a head cold? Before reaching for the pharmaceuticals consider what your body is telling you. It is just feedback that something you've been doing is affecting your wellbeing? Listen to your body's feedback, identify where you've been going off course and correct your direction.

Not progressing in your career in the way that you desire? Then review where your focus has been. Here are three steps you can take immediately to put these ideas into action:

- 1 - think of your biggest problem or challenge in life at the moment. Imagine it has been sent to help you, to teach you something valuable. What could it be?
- 2 - be willing to cut your losses and walk away if you have made a mistake or a bad choice. Accept that you are not perfect, you can't be right all the time, and then just get on with life.
- 3 - learn from your hiccups. Write down the lessons they contain. Use your mistakes in the present as a handup to even greater success in the future.

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