

Develop Fulfilling Strategies

By Mike Stewart, CSP



In Michael Connelly's book, *The Lincoln Lawyer*, the lead character is describing the street criminals who are his clients and says that most of his clients' experience is with people who see themselves as victims of society...

"... many of them developing their life strategies from it."

That got me thinking about how disappointing it is that so many disadvantaged people who don't know better or see any viable alternatives only have negative situations and role models to pattern their lives after. No wonder they tend to share a victim mentality.

How much greater is the disappointment when people who do know better and have what some would see as unlimited alternatives fall into the same victim mentality trap.

However, I see many intelligent, well-educated professional people who have enjoyed social and economic advantages inconceivable to many in our society make unbelievably foolish choices when developing their work and life strategies.

Even if you think this does not apply to you, it won't hurt to take 30 seconds or so and reflect on these revealing questions:

- Who was the most influential coach in your life?
- Who was the best role model you have known?
- Of the people you know personally, who do you admire most?
- Who takes personal accountability for their own performance?
- Who is almost always upbeat and positive?
- On the other hand, who is usually critical and negative?
- Who whines, complains and makes excuses?
- Who consistently finds "reasons" they failed?

Who among these people do you find yourself being like?

If it's those people who enjoy seeing you fall short, making excuses and thinking of yourself as a victim, even some of the time, this may be a major wake-up call for you.

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great

make you feel that you, too, can become great."
- Mark Twain

Despite what the pessimists in your life complain about, you are blessed and very fortunate to be where you are and have the opportunities that are available to you. Regardless of the problems, fears, uncertainties and doubts that beset you, you can make more of yourself than you have up to this point. Whatever your circumstances, you can be healthier, happier and wealthier than you are now.

"Those who say it can't be done need to stay out of the way of those who are doing it."
- Unknown

How is the best way to go about being healthier, happier and wealthier? One of the best ways I know is to take a serious look at your answers to the first five questions above and ask, "How would the people who wanted the best for me expect me to be performing now? What strategies would they suggest to me for the future?"

Give some serious thought to your answers, select the ones that make sense to you and...

...do them to the best of your ability.

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