

Season of Change

By Mike Stewart, CSP



This is an appropriate time to pause and consider the implications this Holiday Season can have in our work and personal lives.

While this article is not about religion, the fact is the foundation of these popular holidays is rooted in faith-based traditions, primarily Christmas. Chanukah, and more recently other holidays, have also become part of our culture generally referred to as the Holiday Season.

I encourage you to consider this heritage of various faiths to make desirable changes in your life for next year. Regardless of your own faith or more secular convictions, this Season offers important turning point lessons, notably:

This is a time of Contemplation. How easy it is to get lost in the parties, shopping, travel, traffic, stress and constant motion and emotion of the Holiday Season!

The coming year is a new beginning. It truly represents a turning point in your life and I encourage you to decide whether it will consist of just turning a page in your calendar, or turning a new page in your personal and career development. Suggested action step:

Set aside half a day and find a quiet spot to review your activities during this past year, and what you accomplished. Ask yourself what you feel good about and celebrate it. Also, think about what you are disappointed with and how you feel about those disappointments

This is a time of Expectation and Anticipation. What are you looking forward to next year? Sadly, way too many people are just expecting more of the same. One sad person I know recently told me, "Same old (stuff), different year."

Life does not have to be that way. Here is an assignment I have given to scores of Clients. Action step: Sit down for a quiet hour or so with your spouse, significant other, your best friend or anyone you trust implicitly to have your best interests at heart and answer this question -

**What do we (I) really want for ourselves
(myself) this coming year?**

Answering this question with his wife led my Client Randy Waldman to write, "I have accomplished more personally regarding my career...in the last few months...than...in my entire career."

"The will to win demands the willingness to prepare."
- Mike Stewart, CSP

This is a time of Preparation. Hopefully, you have identified one or more goals you seriously want to achieve this coming year. Please remember, you can't DO a goal. You can only do the activities that lead to the achievement of that goal. Action step: Answer this question.

**What are the activities I must perform to
achieve the goal(s) I have identified?**

This is a time of Rededication. This is the time for soul-searching where the going really starts to get tough. Knowing what to do is one thing; doing it is quite another. My friend Dick Biggs says,

***"The biggest gap that exists in life is the difference
between knowing and doing."***

The price of success is always what you are willing to give up to get what you say you want. If you are not willing to perform the activities you have identified that are necessary to achieve the goal(s) you have established, you need to reevaluate those goals until you find goals and activities that give you satisfaction and joy.

If there's no joy in the work, it's empty.
- Bob Fosse

This Season is truly a turning point in your life, whether you want it to be or not. This Season is, in fact, the end of one year and the beginning of another.

Each year is precious. Our son, Mark, died eight years ago today. As my wife, Barbara, and I placed flowers on his grave, I couldn't help but wonder what else he would have accomplished if he'd had only one more year. On this special anniversary...

I encourage you to turn a new page in the book of your career and find more growth and joy. Please don't delay your life another year by just turning a page in your calendar.

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International sales trainer and consultant, Mike Stewart, CSP, specializes in hiring and developing high-performance sales teams. He is a leading authority in diagnosing and overcoming Sales Call Reluctance. To learn more about Mike and the services and products his company offers, go to www.StewartSalesDynamics.com.

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If you are a member of the media and would like to interview Mike or feature more of his articles in your publication, please contact him at Mike@StewartSalesDynamics.com or 1-866-515-0022.