

What POSITIVE, PRO-ACTIVE PEOPLE do while waiting for somebody else to 'Turn the Ship Around'

During TOUGH times - economically, financially, emotionally, or personally - AS LEADERS, we are called upon by our business colleagues, by our family and connections and by our community to be beacons; to be a lighthouse in the storm; a warning, or a signal; **a GUIDE** for others.

This message isn't intended to be a sickeningly sweet, Pollyanna message of "Smile-at-all-costs 'cause everything is sunny-side-up even when the chips are down."

This is a reminder that each of us have the personal power to recruit a pragmatic approach in keeping ourselves afloat. **These are tips for topping up the air in your life raft.**

CLARITY + ACTION
What do I REALLY want? Make a plan and execute.

Clean up their own backyard.

Positive people know that when the chips are down, the best use of time is to clean up their own corner of the world. They nourish their relationships, improve their space, clean off their desk and work on improving the way they are showing up in the world.

The only person you actually have any control over - is you.

Focus on their own goals.

What is it I am aiming for?

How do I want to feel?

Where do I (ideally) want to be in 3 months, 2 years, 5 years or 10 years?

Proactive, positive people never lose sight of where they're headed and what they are reaching for - - **REGARDLESS of statistics or demographics. You have permission to re-invent yourself ENDLESSLY.**

Renewal of self is not exclusive: what is available to one of us, is available to all of us.

Reach out and ask how they can help.

"How can I make your life easier today?"

The beautiful thing about service: **it doesn't have to be a substantial act.**

Find a constructive outlet to manage stress.

Journal, garden, kick-box, run, paint, write it down, talk it away, find comedy, sleep well, eat smart... therapy. **Whatever it takes. ROUTINELY.**

Take care of Numero Uno.

This is the first rule in survival. They tell us every time our plane takes flight.

“Strap on your own oxygen mask before helping others.” Pro-active, positive people understand - from a truly NON SELFISH position - that the most important person in their world, is them.

Pro-active people do what needs to be done before their hand is forced.

What do you know you need to do, yet continue to ignore it?

What decision are you resisting to make?

What are you procrastinating?

What are you doing that you know you shouldn't be doing?

“It is not your role to make others happy. It is YOUR ROLE to keep yourself in balance. When you pay attention to how you feel and practice self-empowering thoughts that align with who you really are - you will offer an example of thriving that will be of tremendous value to those who have the benefit of observing you.

**You cannot get poor enough to help poor people thrive
or sick enough to help sick people get well.**

You only ever uplift from your position of strength and clarity and alignment.”

~ Abraham-Hicks

Build on their skill-set, educate or self-improve.

“You don't have to be sick to get better.” ~ Ian Hill

Being proactive means we recognize we do not know it all and actively seek new tools to leverage our life or career or to strategize for advancement. Charting a bold new path is a brilliant (*and productive*) use of time and energy.

Positive people inherently understand that in the middle of **external** chaos and confusion, **the only thing we ever control is their own thoughts, words decisions and actions.**

Lastly, EVERYTHING is RELATIONSHIPS.

Positive, proactive people inherently understand that RELATIONSHIPS are what it's all about. Nobody owes you anything. Your business card means nothing; it will get lost in a drawer. People buy from people they like and trust. Work for, and focus on relationships - not just in tough times - but all the time.

Everything else will fall into place.

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