



THE BLUE FAMILY TREE

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I think we're all grown up enough to know that today is no different than yesterday. The passage of a day that brings us from one calendar year to the next is absolutely meaningless where the world is concerned. You know you're not going to get skinnier, at least no because the date changed. The world is not going to end, nor will world peace present itself in the next twelve months. This year won't be all bad because something horrific happens to you in January, and you're not going to win the lottery in June because "This is your year."

Yet, even the most scholastic among us, can easily be tricked into lending the passage of a year some greater value. "This year's going to be different." We use New Years as sort of a reset button. A do over. Most of us look forward and aim to do things better. Some of us have more negative attitudes and fear what may be to come. Perhaps, because in your life, there is some looming sadness; a gravely ill loved one, a deteriorating marriage, or maybe building problems at work.

Since we all know that the changing of the last digit of the year is absolutely irrelevant to the longevity of our problems, let's use this misguided built in mindset to our advantage. Shorten the time you surrender yourself to bad luck. Try, "Next week will be better." Or even, "Tomorrow is a new day." When we carry around a preconceived failure, I think it goes without saying, we will fail. It is important that we know we can succeed, and we normally do succeed. Sadly, we spend more time focused on our failures. In our line of work, this simple mindset handicap can mean the difference between living and dying. In very few professions is your mindset so critical. We cannot have an off day. If you are unable to move forward, take a sick day. That's why you have them. Adjust that mindset and come back tomorrow. We have to be conscious about it. Unlike the majority of people out there who let their mindset happen to them and dictate their day, we have no choice but to control our mindset and determine the course of our day ourselves.

Does this seem vague? Looking for more clear direction this month? Sorry. It's like hitting the gym. I can't do it for you and give you the results. You have to do it every day.

Happy New Year, and if last week was rough, just focus on making changes and having a better week this week.