

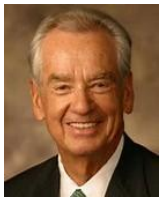
RIDDLE ME THIS; WHAT'S THE DIFFERENCE BETWEEN SERVICE AND SERVING?



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"For well over 40 years of my life, I've weighed more than 230lbs. Now I chose to weigh over 230lbs because *never* in all those years did I ever accidentally eat anything! *It was deliberate!!* You choose today what you become tomorrow." you might recognise that I'm channelling the great Zig Ziglar (below left) but rather than resent; I actually do represent that remark. One thing you and I can bank on is that we are where we are, wherever that is; because of the decisions we've made in the past. Where we end up will be determined by the decisions we make now. So, what's the common denominator in all this? "NOW"! The only time that matters. Now I'm channelling Eckhart Tolle (below right). Isn't it true though that many people waste so much time regretting the past and fearing the future that they fail to appreciate the moment? That realisation saved Eckhart's life! I've worked on the coalface of human nature my whole life and I am absolutely convinced that there are common factors that invite anxiety and depression into our lives made easier via a lack of situational awareness. When it happens we rely on others to intervene but can we actively prevent its onset? I believe so; because I've seen it and I've seen it for better and for worse. What I do know for certain is that 'now' is the link between past and future - between memory and dream. It's the only reality we have and the only time that allows kinetic energy - in other words "ACTION". It boils down to simple choice; doormat or matador?



ATTENTION



I AM STRICTLY AN OBSERVER - NOT A THERAPIST NOR AN EXPERT ON THE TREATMENT OR CAUSES OF DEPRESSION. IF YOU ENCOUNTER ANYONE WHO EXHIBITS SIGNS OF IT - DON'T HESITATE TO SEEK PROFESSIONAL GUIDANCE



Watch Zig's YouTube videos on goal setting

Read Eckhart's amazing "The Power of Now"

I usually prattle on about goals etc in my January bulletin but I'm getting in early this year because depression seems to be the modern pandemic - so, in the spirit of pro-activity, here's some observations about things that keep people present in the now. **Focus, clarity, purpose and planning** are our buzz words!

READ HISTORY. I'm not being glib here but to be born at the time you were, is like winning the lottery; compared to most other eras. Then consider **where** you were born! If you are reading this, chances are you're from a prosperous and free country who's citizens will die from eating **too much** rather than from not eating enough. **This has never ever happened in history.**

I believe that one of the greatest social threats we currently face is complacency born of the self indulgence that results in forgetting the price that was paid for the privileges and standard of life we enjoy. Taking anything for granted often results in the loss of the thing taken for granted. Further, such ignorance can result in 'spoiled brat syndrome', a focus on rights instead of responsibilities or a false sense of entitlement.

SET GOALS. There's nothing like having a purpose to stave off depression. Guilt and regret are major ingredients of depression and both are **past focussed**. This is baggage. Baggage is always a burden! Guilt and regret are the offspring of a failure to plan and dream. People who set goals are carrying **luggage** as people on journeys do - not **baggage** as burdened people do.

Planning and dreaming can only happen **NOW** and they provide focus. Focus happens in the absence of distraction. Goals need to be written which creates commitment. Time frames need to be included which causes commencement and what's in it for you and those you love need to be declared; which provides reward. Can you see why it's hard now to be depressed?

COMMITMENT - COMMENCEMENT - REWARD

Generally speaking, the old cliché "**a failure to plan is planning to fail**" is true. Whatever it is that you want or whatever situation you are currently in, you can guarantee you are not the first. **AND** you can guarantee someone has written a book about it. Learning something new has an amazing tonic effect on your morale.

FINAL TIP: When setting your goals for the New Year (or the new you) list **THE HURDLES** you'll likely encounter. A failure to anticipate setbacks will always discourage you when they appear; which causes capitulation. The arrival of an anticipated setback however, can prove to be motivating as its prediction is a success of sorts. It reduces collateral harm and fortifies your purpose. Don't resign - instead re-sign. **JUST DO IT NOW**

THANKS THIS MONTH GO TO ANGELO, MARTIN & FRANK, SCOTT RUB, BROOKE MAIDMENT & NICK VASILEVSKI