



# BUILDING BLOCKS

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***Courtesy: Ginger Jenks, PCC  
Magellan Enterprises  
Extraordinary Exploring***

## **When You Can't Do Anything Wrong...or Right**

Have you ever noticed how good and bad things seem to happen in groups? You can be on a roll, when everything just seems to flow and you can't do anything wrong. And the reverse also seems to happen, where so many things go awry you're afraid to get out of bed in the morning.

What is this dynamic? Do things really happen in groups or do we start to attract more of what's already going on in our life? Here's a coach's take on why this occurs and how to have more smooth rolling and less nasty bumps into the ditch.

You can only control your intentions, actions and response to events. You may be able to influence events, but you can't control them. This translates into a formula:

$$A + CE + L = T$$

Acelt?! This stands for Attitude plus Consistent Effort plus Luck equals the Trend (on a roll or having a bumpy ride). Streaks of good and bad luck bless and plague everyone from time to time. You may have heard "people make their own luck." This author asserts that you can't make your own luck. But you can, by taking consistent effort and developing an outstanding attitude, maximize your good fortune and better handle the mishaps, even tragedies, that come your way.

If you or someone you know has been having a string of "tough breaks" (the storm cloud seems to follow wherever you go), try these steps.

1. Avoid the temptation of thinking, **now** what? If you start expecting negative things, you can't help but focus on the negative aspect of any event. Expect the best, despite your recent experience. It's difficult – do it anyway.
2. Take consistent action, be it sending out resumes regularly if you're looking for a job, exercising and dieting if you're overweight, or going out and meeting people if you're lonely.
3. View your life over its entire span, and decide how this stretch might positively influence all the rest of your life. If there's just no way to see any benefit, at least recognize that this **is** a phase; it's not your whole life.

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When you're in that wonderful "can't do anything wrong" space, by all means, enjoy it! Don't spoil this time by dwelling on "I know it can't last forever..." But do consider the following thoughts.

- **Enjoy, but don't get smug.** There's always an element of luck in any success, and often other people's efforts as well. It's not all you.
- **Take action.** Take 80% of the same steps that you would if you were on a "bad" roll. Don't assume that things will keep going well without doing the footwork. It's probably a big part of what got you there.
- **Help other people.** Spread your good fortune around, be it by lending emotional support to a friend having a rough time, giving business to someone in your community, or making a donation to your favorite charity. Giving to others comes back to you, in one form or another.
- **Think about what's next.** What got you in the good place you are today may not be effective ten, five, or even one year from now. Design who you want to be in the future, and what you want in your life.

The good news is that you get to control two out of the three variables in the formula of  $A + CE + L = T$ . Expect the best of yourself with respect to attitude and consistent effort.

**Request of Clients**

As a gentle reminder, I request that you honor our agreement with respect to fee payments by the first of each month. Thank-you!

**Pass it Along**

If you enjoy and get value out of this Building Blocks newsletter, please pass it along to a friend. Subscriptions are free, and June be ordered by emailing MagellanGJ@compuserve.com. Also feel free to email me if you have a particular question or issue that you'd like addressed in Building Blocks.

**COACHING CALENDAR**

I will be in Denver June 11-15; and in Florida June 26-29; if your regularly session falls on one of those dates, please call me to reschedule. June 16 is available during the day, as are some evening sessions in June.

	<u>June</u>	<u>July</u>
Monday clients	5, 19, 20	10, 17, 24, 31
Tuesday clients	6, 20	11, 18, 25
Wednesday clients	7, 21	5, 12, 19, 26
Thursday clients	1, 8, 22	6, 13, 29, 27

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