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PURPOSE, POTENTIAL & PERFORMANCE

August 2010

Anticipate

We are deep in the midst of summer as we continue to confront significant choices and powerful changes that will help us achieve substantial success. August's topic is *Anticipation*, the eighth topic to support the 2010 **Power Choice** theme of *Augmentation*.

Anticipation

(According To
Merriam-Webster on line Dictionary)

1 a : a prior action that takes into account or forestalls a later action b : the act of looking forward; especially : pleasurable expectation
2 : the use of money before it is available
3 a : visualization of a future event or state b : an object or form that anticipates a later type
4 : the early sounding of one or more tones of a succeeding chord to form a temporary dissonance

Take this eighth seventh step. **Anticipate** new challenges, new opportunities, new growth. Be ready! Look forward! Expect the best!

If interested, please read further.

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Calls to Action:

*I will take one more step by using **anticipatory** attitudes and behaviors that take me closer to my personal and professional success.*

Look for September's issue of **Power Choice**© - Transport

Power Choices© Comments

From a reader in Austin, TX, USA:
"It's jam packed with gems."

Please feel free to share your thoughts and comments with
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"An intense anticipation itself transforms possibility into reality; our desires being often but precursors of the things which we are capable of performing."

Samuel Smiles

"Ultimately, my hope is to amaze myself. The anticipation of discovering new possibilities becomes my greatest joy."

Jerry Uelsmann

"Such is the state of life, that none are happy but by the anticipation of change: the change itself is nothing; when we have made it, the next wish is to change again. The world is not yet exhausted; let me see something tomorrow which I never saw be."

Samuel Johnson

Consider How You Can Anticipate What Will Lead You to Extradinary Success



*Anticipate
Contributions,
Joy &
Success*
By Laura Novakowski

In much of my life and work, I am noticing how often we start out a conversation with – “*I have a feeling, a sense of anticipation.*” The words that follow are more often not about the excitement and the joy that comes with the change that is coming our way, but rather, a sense of dread and impending doom.

Life is all about change. We change from children to adults, students to experienced professionals and workers, young to old. Awake in the morning to sleeping in the evening. How we choose to anticipate these changes is going to make all the difference to our future and our lives.

Here is some expert advice that has given me some insight on **how to** positively, joyfully anticipate change.

Joseph Priestley, an eighteenth century English theologian, philosopher and political theorist wrote these words...

“I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning.”
Joseph Priestly

Reverend Priestley was credited with discovering the element oxygen and inventing soda water.

Tip: Anticipate the prospect of a new day and a fresh start!

Claude M. Bristol, a mid nineteenth to twenty first century American journalist wrote these words...

“We usually get what we anticipate.”

Mr. Bristol was the author of a classic book called **The Magic of Believing.**

Tip: Anticipate the belief that goals you set, the results you desire and achieve will be magical!



Benjamin Franklin was an 18th century American author, satirist, political theorist, politician, postmaster, scientist, inventor, civic activist, statesman, and diplomat wrote these words...

*Do not anticipate trouble, or worry about what may never happen.
Keep in the sunlight.*

Mr. Franklin was known as one of the Founders of the United States of America and the founder of the first public library and the first fire department!

Tip: Anticipate founding wonderful concepts, inventions and changes!

Publilius Syrus, a Italian slave born in Syria possibly in 1 BC, who used his wit and talents to gain his freedom to become an author and improviser wrote these words

The wise man avoids evil by anticipating it.

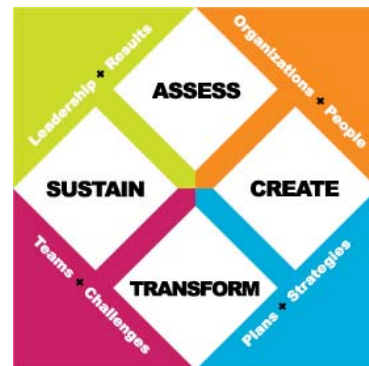
Publilius was known for such published writings as **Sentences** , maxims or notable sayings.

Tip: Anticipate what might be limiting you and work to overcome it!

Four astonishing men from very different backgrounds and parts of the world who chose to use anticipation in powerful, positive and joyful manners.

From this moment forward, how can we anticipate finding our joy?

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Dragons of Anticipation

By Leanne Hoagland-Smith

Hundreds of years ago, mapmakers who believed the world was flat would draw dragons at the edges of their parchment maps so that explorers could anticipate the disaster and doom beyond the known worlds. These

Dragons of Anticipation prevented these explorers from pushing themselves forward to discover new lands. Of course, there were other explorers such as the Scandinavians who saw the *Dragons of Anticipation* as opportunities to explore new worlds and new peoples. In fact these sea faring explorers actually used Dragon as their ships mastheads.



Today, each of us has our own *Dragons of Anticipation* at the very edges of our mental maps. These maps hold all the information we use to guide our daily behaviors. And unfortunately, sometimes these Dragons create a self-fulfilling prophecy. We believe (think) something with enough intensity, our actions (behaviors) reflect the results of those beliefs.

What happens is either we anticipate fear of something going to go wrong or have faith that something will go right. In the first case, our potential, the ability to go beyond what we know to be true is restricted while in the second case our potential is released allowing us to expand and grow.

Henry Ford recognized the existence of these Dragons when he said “Whether you think you can or you think you cannot, either way you are right. “ For our brains and our minds working together can create a world of opportunity or one of scarcity.

So what *Dragons of Anticipation* are residing at the corners of your Mental Maps? Until they are at least acknowledged, it is quite probable you will not finish your journey with all the abundance that you deserve. Invest the time to know yourself so that you can choose what map path to walk and then create an action plan to get from where you are now to where you want to be. And who knows along the way, you may discover a friendly Dragon that only wants a loving pet from you.

Leanne Hoagland-Smith

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Anticipate: A Plan for Reducing Stress

Judy Rienzi

Stress is something we do everyday. However, stress is not always negative. It has a positive side. Positive stress promotes stimulation and growth without the effects of negative stress. When a stressor is handled appropriately and positively, you will feel challenged and at the same time, energized and motivated. Whether it's positive or negative for you will depend on how you anticipate an upcoming situation.

Let's say you were in a situation that didn't go quite the way you hoped. The thought of having to be placed back in that situation again has you feeling anxious. Naturally you anticipate a negative outcome which places you in a defensive state equaling negative stress. Sound familiar? We've all experienced this scenario.

Creating a strategy before that meeting or event will help you develop a positive mental attitude and increase your confidence. By having a sense of control over the situation, you will be able to respond in a positive manner, rather than react negatively. Here is a plan to get you started.

Reflect: Increase your awareness. Ask yourself the following questions. *“How important is this situation to me? Can I meet the demands of the situation? Do I have experience in this? What might be the consequences of the situation? Do I have some control here?”*

Most often we are aware of what is going on around us rather than within us. Our attention is drawn outwardly all day. Take time to *Reflect* on your behaviors and self talk from past experiences. Ask yourself, *‘What am I not paying attention to?’* Increasing our awareness extends our control over what is happening within.

Revise: Tap into your tools and knowledge base to create a positive experience. Create a goal and action plan based on the result you're trying to achieve. Gather other resources and tools necessary to achieve the goal. Don't forget your emotions. Stress plays a major role in contributing to disease. Find a stress reduction technique that you like and practice it often.

Re-Connect: How can you look at the situation differently? Your perception, or attitude, will determine the outcome. If you view the situation as a challenge that will stimulate growth, then the outcome will be positive and you will feel rewarded. View stress as an opportunity, not as a threat.

“The perfect no stress environment is the grave. When we change our perception we gain control. The stress becomes a challenge, not a threat. When we commit to action, to actually doing something rather than feeling trapped by events, the stress in our life becomes manageable.”

Greg Anderson

Anticipate your next situation with increased awareness, acquired skills and a positive attitude for a positive outcome.

Resource: High on Stress by Simone Ravicz, PhD, MBA



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Should you Anticipate?

Definition: *The act of anticipating, taking up, placing, or considering something beforehand, or before the proper time in natural order.*

This month's word is so unique. Like the direction sign picture I have posted, I almost don't know which way to go. You see, the reason I find *Anticipation* so unique in detailing is because I am of two minds on the subject - is anticipation a positive or negative experience?

The British author, Samuel Johnson once said, "Such is the state of life, that none are happy but by the anticipation of change: the change itself is nothing; when we have made it, the next wish is to change again." (**Anticipation = negative, even after positive change occurs, we are never happy and start anticipating all over again**).

But, Scottish author, Samuel Smiles thought of anticipation as, "An intense anticipation itself transforms possibility into reality; our desires being often but precursors of the things which we are capable of performing." (**Anticipation = positive, it inspires us to improve & succeed, follow our goals to attain happiness and achievement**).

So, which poet is right? Aside from the England vs. Scotland debate (I'll let you discuss that topic over a pint at your local pub) - which philosophy should we follow?

Well, truth be told, we are actually pretty bad at determining what will make us happy in the future. Studies have shown that we are not correct in foretelling if a particular choice will in fact make us happier now or in the future. For example, studies have shown that we are happiest before we go on vacation. Approximately 6-8 weeks prior to vacation we are most elated. We have committed to taking the vacation and we anticipate all of the fun, relaxation, good food, and good memories that we will enjoy while on vacation. Our happiness level sharply drops once on vacation, because we are anticipating the last day, the vacation being over and returning to "reality". Finally, our happiness level returns back to its original state prior to the vacation once we are home. So, was the vacation worth it?

We even miscalculate how much money will make us happy in the future. In 2001, the *Economic Journal* had an article about our *Income and Happiness: Towards a Unified Theory*. In the article Dr. Easterlin (USC) says, "Material aspirations are initially fairly similar among income groups; consequently more income brings greater happiness. Over the life cycle, however, aspirations grow along with income, and undercut the favorable effect of income growth on happiness. People think they were less happy in the past and will be happier in the future, because they project current aspirations to be the same throughout the life cycle, while income grows. But since aspirations actually grow along with income, experienced happiness is systematically different from projected happiness. Consequently, choices turn out to be based on false expectations."



In Positive Psychology circles, this is what we like to call the [Hedonic Treadmill](#). It causes us to seek higher levels of reward just to maintain the same level of subjective satisfaction. Each time we advance toward a desired state, we quickly get use to the new terrain and thus have no more satisfaction there than we did in the previous location. Because we constantly compare ourselves to our immediate social group, we are happy or sad depending on whom we compare ourselves too. Are you keeping up with the Jones's?

There are 3 main reasons which prevent us from accurately predicting how events will make us feel in the future:

1. We tend to fill in the blanks (more positively),
2. We project our present emotions onto the future (I am happy now, so therefore I'll be happy then),
3. Adaptation - with every given accomplishment our satisfaction fades and it is quickly replaced by a new level of striving.

Funny enough, people who base their decision making on the experiences of others tend, to make remarkably accurate predictions about their future feelings. So does this mean, in order for us to accurately predict our feelings for tomorrow, we should see how others are feeling today? Well, maybe.

Though it may not be beneficial to let someone else make those important decisions for you in life, it is beneficial to learn from how they felt immediately after the event ("will eating this chili dog make me happy?" ~ Yes, until I need to pop a few Roloids and hit the gym to burn off the 1,000 calories). But, all joking aside, it does make sense for us to develop skills which help us detect those things that will lead to happiness. Maybe a good place to start is to look at what makes others happy - if it works for others it is likely to work for me.

These are very strong arguments to get us to stop anticipating the future. But once again is it that simple? What about all the research that promotes "healthy" visualization exercises, imagery, goal setting and looking towards the future to help us succeed in the moment? What's the harm of thinking about the future? "There is no terror in the bang, only in the anticipation of it," Alfred Hitchcock.

But, maybe it is better to live in the moment. "A great source of calamity lies in regret and anticipation; therefore a person is wise who thinks of the present alone, regardless of the past or future," Oliver Goldsmith.

***Follow-up:** After the July 2010 article - *Tackle* - was posted, Rafael Nadal won the 2010 Wimbledon Men's Championship. Per Wimbledon's official website, "This is what he had dreamt of in all those dark months last year when his knees were hurting and his doctors told him he could not defend his Wimbledon title. Missing last year's Championships had been the most difficult moment of his career - this is the tournament that he fantasized about winning as a boy and this is the trophy he would give his all to protect. But, last summer, it was not to be." by Alix Ramsay.

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