

Alison Smith

"There's no limit to  
how high we can fly"

Jonathan Livingston Seagull



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Connecting you to your passion in life

Happy 80th Birthday Dad and I hope you have a wonderful day.

As you might have guessed it's my Dad's 80th Birthday in a few days. Thinking about what it would be like to celebrate my 80th I wondered about all the things I'd like to say I'd achieved. I was then reminded of a conversation I had recently where I was told "you have nothing to prove". Put these two ideas together and what do you have? How has thinking I do have something to prove impacted on the goals I've set myself in the past. I wonder how different the goals I set would be if I truly believed I had nothing to prove. Of course this might all then lead to a different insight on this month's quote "There's no limit to how high we can fly" from Jonathan Livingston Seagull.

So this New Year when I start to think about the year ahead I'm going let go of the musts, shoulds, oughts and also the limits and see what happens. As ever I'll be using the [Well Formed Outcome process](#) which I'm including in the January workshop entitled Successful New Year's resolutions.

Enjoy and connect to what gives you passion in life.

Alison x

If anyone is a member of Linked In the internet business network please see my page <http://www.linkedin.com/in/passioninbusiness> to extend your network. It's been great catching up with people I've worked with over the years.

Passion in life

Last month I asked you to list 8 words you associated with the word Marmalade. How did you get on?

I know a number of you tried it at work and were surprised at the variety of words you got as a group. There may have been 2 or 3 words that most of you had written down with the remaining 5 or so words sometimes remaining solely on your list and no one else's. What did that tell you? For a word like marmalade possible very little but the process we go through to obtain the 8 words can explain the cause of a lot of



Developing Passion in Life

misunderstandings.

When you hear a word such as marmalade you have associations that are triggered in your mind. It's these associations that generated the 8 words. The difficulty is that we generally assume that others have the same associations. As this is clearly not the case that's when misunderstanding happen.

Continuing with Marmalade for a moment - If I associate marmalade with holidays and a relaxing breakfast what happens if I'm talking to someone who associates it with being ill in bed? We're already at cross purposes when we're talking and I might not understand why the other person is starting to look a little green around the gills?

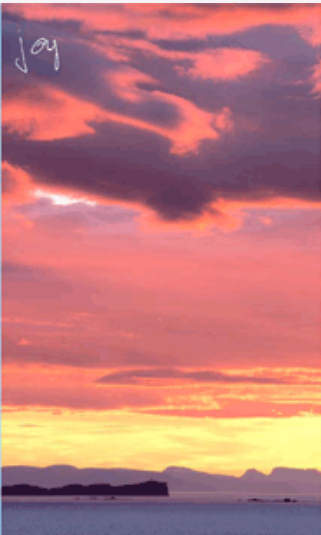
On a recent workshop someone used the word manipulation and my reaction led to one of the delegates saying "you're having a marmalade moment". He was right. I associate manipulation with force, deviousness and selfishness at the expense of others. The person using the word didn't. Of course the word manipulation can also describe the skilful use of our hands in massage or even pottery. Neither of these associations is right or wrong. Yet when we're talking to others it would be clearly useful to understand the impact ours and their association to a word is having on our communication.

Just think what happens when we start to put sentences together ?.

## Passion in Business

It seems apt that I pulled this card for December. I'm sure many of you, like me, are busy and getting stressed with everything you've got to do before Christmas. So the only homeplay I'm going to invite you to experience is joy. Yes Joy at work as well as at home.

Looking at the picture I'm also reminded that all the photo's used in the newsletter are my brother Andrew's. He does take a great photo and one of them can be found in this year's Landscape Photographer of the year book - see his [website](#) for more examples of some wonderful pictures.



Developing Passion in Life



## Frameworks for Change

As ever before reading on do think of an area in your life (work or otherwise) where you would like to experience change. Whilst exploring the following cards notice what insights you obtain? Even more importantly notice the actions you may need to take in order for resolution and change to take place and remember to take the actions too ?.

More details are available on the [Frameworks for Change process](#) and [Transformation Game](#) which is the personal version of the FCP. I'd like to arrange a weekend Group Transformation Game on Making 2009 a year to remember in January - so please do let me know if you'd be interested in attending.

The process, the insight, setback and mentor cards used here are from the Frameworks for Change © Innerlinks - [www.innerlinks.com](http://www.innerlinks.com). ANGEL ® cards © Drake and Tyler

## ***Primary Insight***

"You value and express the quality of faith in the present situation - recall a time when you experienced faith"

Rather than try to think abstractly what faith might be like in the current situation remember what faith felt, looked, sounded and the thoughts you had when you had faith in the past. Take some time to recall the time and re-experience what faith felt like then and access that now.

The Transformation Game version of this card would ask that you radiate faith. How would being radiant with faith change how you're feeling or acting and how might it change the situation?

## ***Setback***

"You are set back by comparison in the present situation. Recall a time when comparison set you back"

Ouch! For me I realise that comparison relates to the quote in the introduction and feeling the need to prove myself to others. It's by comparing myself to others that I feel the need to prove myself. This card would suggest it's therefore not proving myself that's the issue or setback but the act of comparison.

The Frameworks for Change process invites us to remember a time when we've been set back by comparison in the past. To describe the situation and to feel the pain that comparison brought into the situation. In doing this you may find that you are able to release the pattern of comparison or at least identify steps to take in the future, or now, to change your relationship to comparison.

## ***Resource Insight***

"You let go of some old trappings - nice going"

This insight suggests action for us to take to overcome the setback. Here I think we're simply being asked to let go of the old pattern of allowing comparison to set us back - what ever that means for each of us.

## ***Mentor***

Harmony

A mentor identifies a core competence to assist you in the situation. How does Harmony help you in this situation?

For me connecting to Harmony certainly enables me to start to release the need for comparison. I am reminded of another insight which states "You balance former feelings of inadequacy by appreciating your own uniqueness". So harmony with others allows me to appreciate my own uniqueness and therefore stops me comparing myself to others which will then enable me to have more faith in myself and all the things I want to achieve. What about you?

Notice how the original situation has changed for you.

## Book review

### **Books**

#### **Jonathan Livingston Seagull: A Story**

I have no idea why I didn't include this in my list of books for Christmas last month. It's a lovely book and one that I come back to time and time again. It certainly relates to the frameworks for change card of letting go of comparison and 'having nothing to prove'. Jonathan didn't compare himself with others he just wanted to learn how to be the best seagull he could be and then wanted to help others to do the same.

It's a book you can read in one sitting.

## Forthcoming Events

#### **I've currently got the following workshops booked:**

- **New year, New you** - Transformation Game eve - 31st Dec/1st Jan, Fife.
- **Making 2009 a year to remember** - Group Transformation Game weekend 3/4th January, Fife, £49.
- **Successful New Years' Resolutions** - eve 6th Jan, Edinburgh - £15
- **The mind's contribution to weight loss and fitness improvement** - eve 13th Jan, Edinburgh - £15

Do let me know if you'd be interested in attending any of these.

Coaching (1 hour +) is available either in person or over the phone. So too Transformation Games (2.5 hours +).

**Gift vouchers** are available for anyone wishing to give a gift of coaching for Christmas.

## Feedback

Feedback as ever gratefully received.



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