

Alison Smith

"I nourish the new, affirm the highest and behold the best in life giving constant thanks for it "
Transformation Game



[Passion in life - Beauty](#)
[Passion in Business - Respect](#)
[Transformation Game - Courage](#)
[Forthcoming events](#)
[Feedback](#)
[Subscribe](#)
[Gift Vouchers](#)
[Stories](#)



Developing Passion in life Developing Passion in Business

I recently attended a lecture given by Tal Ben-Shahar a lecturer on positive leadership at Harvard university*. As a result I'd like to continue the theme of Appreciation and Gratitude in this month's newsletter both for passion in life and in business.

One of the many things I wrote down whilst listening to Tal were the things they had found made a positive difference for young people. He listed four factors that could make all the difference on what happened in a young person's life. As I'm sure they are still as applicable to those of us who are a little older here they are:

- Future orientated goals
- Role models
- Optimism**
- Focusing on Strengths***

I wonder how many of these we all do?

Enjoy and find what gives you passion in life.

Alison x

* His book is entitled 'Happier - learn the secrets to daily joy and lasting fulfilment'

www.talbenshahar.com

** See 'Learned optimism' by Martin E P Seligman

*** See 'Marva Collins' Way - returning to excellence in education'

www.marvacollins.com

Passion in life

Last month I invited you to appreciate and thank others for being in your life, for being themselves and for the difference they made in your lives. I wonder how you got on and the impact showing that appreciation had on you and them?

This month I'd like to turn that appreciation around. First though I'd like you to list all the qualities you appreciated in others.

For me the list included:

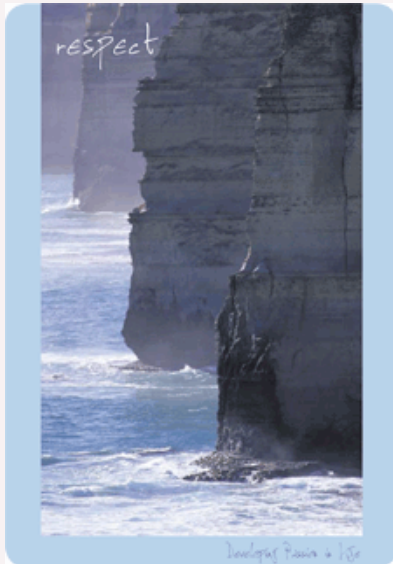
enthusiasm, positivity, sense of fun, caring, groundedness, decision making, sense of purpose, and authenticity.

Please write your list before reading on. Or at least think about the qualities of the

person you most admired this month.

Now appreciate yourself for these qualities? It's simply that we see in others our own reflection and when we positively appreciate another we are also appreciating ourselves.

Have fun!



Passion in Business

Tal suggested Appreciative Inquiry (AI) * is a wonderful tool for turning business from 'being a problem to be solved' to 'a mystery to be embraced'. For me just reading those words makes business a place to be, not a place to be put up with!

AI is described as 'a radically affirmative approach to change that completely lets go of problem-based management and in so doing vitally transforms strategic planning, survey methods, culture change, merger integration methods... measurement systems'

Tal explained that AI is based in grounded positivity. That is appreciation and valuing the best in others based on hard facts of what they did well so it can be replicated.

AI has a 4-d cycle:

- Discover - appreciating and valuing the best of what has been and what is
- Dream - a results-orientated envisioning of what might be
- Design - co-constructing what should be
- Destiny - sustaining the affirmative capability of the whole system

So next time someone comes to you with a problem why not look together for the mystery to be embraced instead.

* 'Appreciative Inquiry - a positive revolution in change' David L Cooperrider and Diana Whitney. See <http://appreciativeinquiry.case.edu>

Transformation Game

There are many different ways to use the Transformation Game cards. This month I've chosen a different way of using them to provide insight to an issue. All I can say, and I know those of you who have played a game will agree, the creative way in which they are used in the game is a whole different and amazing experience.

I just hope that this small taster each month may provide some of you with the motivation to have a full game. All I know is once someone has played the game they do come back for more! I am, as ever, happy to facilitate a game for anyone interested.

The process, the insight, setback and angel cards used here are from the Transformation Game © Innerlinks - www.innerlinks.com. ANGEL ® cards © Drake and Tyler





Setback

You are set back by your competitiveness in the present situation.

This month let's explore this a little differently so you each have your own sense of how you are being set back by competitiveness.

Think of a situation in the past when competitiveness has set you back. That is first think of a past situation - not the current one. Describe the situation - who's there, what are you saying or doing, how do you sound, how do you feel, what words are you using, what about them? Relive that situation as if it was now. Take as much time as you need. You might even want to write it down.

Where's the pain? In what way are you being set back by your reaction? In what way are you being set back by your competitiveness?

What steps do you need to take to release this setback or to stop it happening in this situation? Even more importantly what steps do you need to take to stop it holding you back in the future? Make a commitment to yourself to take those actions.

Angel

This may just be reminding you that you do have the courage to take the necessary action. That the belief you have about yourself is inaccurate. You do have all the skills and qualities required to take the necessary steps. How would the situation be different if you knew this to be true?

Although your immediate reaction on seeing the card might have also been 'if only'. Of course that's also what this card is about. It's about finding a means of getting the courage. For some this might come from remembering a time in the past when you did have the courage and anchoring that so it may be accessible now. For others it might be about acting as if you do have the courage. Or it may be about allowing the energy of courage to come into your body - perhaps through meditation or visualisation. And yes it might even be about envisaging an angel of courage sitting on your shoulder providing support. What ever works for you?

Insight

Take personal responsibility - choose where and how you proceed next.

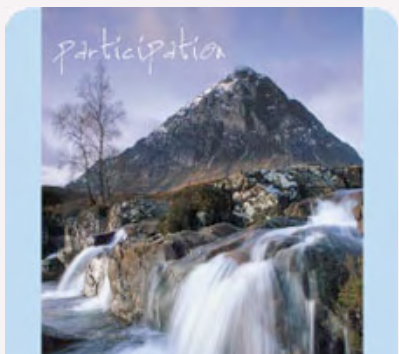
So I would suggest you already know what you need to do and if you let go of the competitiveness and have the courage you will take the necessary and right action.

Notice how the situation seems? How does it feel different? What has changed?

Forthcoming Events

I've a number of individual Transformation Game's booked in Scotland and London. So please don't feel you have to wait for a game to be scheduled to take advantage of this wonderful process for personal growth.

I'm also planning a trip to West Yorks in April/May so if anyone wants a game do let me know.





Feedback

Thank you so much for the feedback and do keep it coming.

Alison Smith - developing passion in life, developing passion in business

alison@passioninlife.co.uk Mobile: +44(0)7770 538159 www.passioninlife.co.uk www.passioninbusiness.co.uk

Copyright Alison Smith & Andrew Jones This edition has been sent to many people whom I have met over the years. If you no longer wish to receive future copies please unsubscribe by using the link [here](#)

Sent this email by someone else? To subscribe directly [click here](#)