

## **What Club Do You Belong To?**

In the early days of the CMAA Coaching Program I wrote an article entitled “Congratulations! You’ve lost your job.” It was one of those articles that resonated with a lot of people, especially those who had gone through the experience of losing a job. The title was provocative because how on earth can you celebrate something as painful as losing a job.

The truth is that in the bad things we experience in life there is good and in the good things that we experience in life there may be some bad. We have all met people that have such abundance in their lives and all they seem to do is focus on what is missing. There are others that don’t have much and focus on all they have to be grateful for.

As a coach I can tell you that regardless of whether what we are experiencing right now is good or bad we get to choose how we see it. We get to choose how we learn from it and we get to choose what we do about it.

What ever you have going on in your life today I say “Congratulations!”

Yesterday I attended the funeral of a friend. We celebrated! We didn’t celebrate the loss of our friend we celebrated the fact that we had him. We celebrated the lessons he taught us. We celebrated the joy he brought to us. We celebrated the fact that he was no longer in pain. In the midst of incredible loss there was joy and appreciation.

In the past six months of coaching for CMAA Shelley MacDougall and I have been spending more time coaching people who have experienced some tough stuff. There are people who have lost jobs, a significant amount of their retirement fund, marriages, loved ones and opportunities. There are some that have dealt with the illness or injury of a family member or someone in their workplace that has taken the joy out of going there. There are some that have simply had the energy sucked out of them by being immersed in environments where everyone is focusing on sadness, regression and scarcity.

To all of them we say “Congratulations!”

We are not saying to pretend it didn’t happen. We are not saying that they should be in denial about the pain and suffering they have experienced.

If a Club Manager looks at the members of his or her club they might see some that belong to the “I choose to be happy” Club and others that no matter how good things get decide to be members of the “There is nothing you can do to convince me not to be miserable” Club. Others just fall into the “if the conditions are the way I want them I will be happy!” Club and “if the conditions are not the way I want them I will be unhappy! Club.

My question to you is “What Club do you belong to?”

The Club you choose to join will have a significant impact on how you navigate to your desired destination. It will also have a significant impact on how long it takes you to get there.

The members of the “I choose to be happy” Club have decided that they don’t have control of all of the conditions that impact their lives but they will be their best in the conditions they experience. This is like the athlete that trains to win regardless of the playing conditions. It is a decision to be their best and move forward regardless of external forces.

The members of the other clubs are at the whim of the conditions that they experience. This can be great in great times and really bad in the bad times.

Most of the people we coach are members of the “I choose to be happy” Club. They choose to experience more happiness in the good times and the not so good times and they are open to using resources to achieve their goal.

The members of the other clubs are reluctant to work with us because they are ok with things the way they are even if they are bad.

Membership in the “I choose to be happy! Club has its rewards. Here are a few of them!

Energy! Being unhappy sucks energy! Happiness creates energy! If you want to accomplish great things in this life you need lots of energy to do it. If you don’t have much ambition or significant goals you may not need a lot of energy and don’t be surprised if you find it hard to access it when you need it. Just the simple act of thinking of a happy time will give you energy. It will change your physiology. It will change how you look. If you shift your thinking to unhappy thoughts your energy diminishes, your physiology changes and again you look different. Plug into energy! Put yourself in environments that encourage positive thought. Be a source of energy for others.

Opportunity! The physiology of unhappiness often is that of slumped shoulders and the angle of our head is looking downward. We are almost literally looking at our shoes. It is pretty hard to see the horizon or the stars when we are looking down there. Opportunity abounds. Abundance abounds. The question is can you see it when it is right there in front of you? The unhappy aren’t looking for opportunity. They are looking for evidence to support their beliefs.

Creativity! When you see the opportunities you can access the creativity to take advantage of them. You can see what you haven’t seen before. You can create things that can amaze yourself and others. You can create an amazing life!

Happiness! This might seem like an obvious benefit of the “I choose to be happy” Club but it is a powerful and attractive one. Take time to observe what your happiness attracts.

