



# STUFF

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Chronic situations will do you far more harm than acute situations. Happily, the other side of the coin is also true in that chronic happiness or well-being will do you far more good than acute happiness or well-being. To understand my meaning, let's substitute the word 'acute' for 'momentary.' While we're at it, why don't we substitute the word 'chronic' for 'long-term.' So many people seek momentary gratification at the expense of long-term wellbeing. This is a subject that I can claim expertise on. So, rather than offer you a raft of opinions this month, allow me to offer you thoughts I've had and decisions I've made in my life to manage long-term issues which, if successful, tend to alleviate momentary issues.

## THOUGHT

Momentary pain, whether physical or psychological, can really make your eyes water. Long-term pain however, even if not as severe as momentary pain, will deplete you, drive you insane and can cause depression and worse. Another side effect of bad long-term situations is that they tend to breed regret. You can get to a point where you look back and you realize that you could've done more (or less as the case may be) which may have alleviated the need to suffer now, and in the future. Seize the day indeed but don't live for the day because the year has 364 more of them in your future and they need to be considered. Happily, for me, the personal situation that inspired this bulletin, I was able to manage thanks to reading two books. The first was the iconic, "Think and grow Rich" by Napoleon Hill and the second, the equally iconic "The Power of Now" written by Eckhart Tolle. They too offer a raft of thoughts about managing long term situations and maximising the positive moments that come and go.

## THOUGHT

When you are lucky enough to enjoy a positive moment, be grateful for it and then consider why it occurred. If you can understand why it happened, it puts you in a situation where you may be able to re-create more moments like it. A life well lived is merely a collection of such moments. The same applies if the moment is negative. If your ego can take it, and you are aware of why it occurred, you can minimise the chances of it repeating too often. Even long-term negativity or hardship is merely a collection of moments. If we can compartmentalise those moments, it makes it easier to change them or manage them. Consider the old saying "the straw that broke the camel's back." Perhaps the poor creature could've been unburdened before a single straw was the difference between success and failure! Whatever it was that caused a bad moment to become a long-term situation, was merely the lack of attention or self-awareness.

## THOUGHT

Self-awareness will always be an investment in long-term well-being. The power of gratitude is something that we all should acknowledge, understand and practice. This thought became a habit for me and has assisted me greatly in my life. Ironically, the times that I have noticed this the most, are when I have forgotten to practice it.

## THOUGHT

When you have a problem, especially a long-term nagging problem, it's like a program running in the background on your computer. It saps speed, reaction time, energy, and resolve. Behavior tends to default to whatever is easiest, most convenient or the safest. Whilst conservation of energy is a good thing, conserving energy minimizes effort. Doing what's easy convenient or safe is habit-forming and can have long-term bad consequences. Laziness and apathy are examples of long-term consequences that nobody was born with.



## THOUGHT

Be careful not to indulge in over analysis. Sometimes a cursory glance will tell you more about a situation than a PowerPoint and spreadsheet can. Allow your gut instinct to help you. This primal tool has kept our species going since Day 1. Don't miss the forest for the trees. There's a third book that comes to mind; Malcolm Gladwell's "Blink." If you're managing a long-term problem and are also required to perform in your job, understand that there are actually two of you. There's the you managing the problem (the program running in your background) and there's the you performing your job or maybe providing for others. Choose "the you" that performs. Don't tolerate the other person. Seriously, why would you rely on that person? You'll end up cultivating an attitude instead of choosing a mood. This will help you manage that program. Like running a defrag. You'll get extra space, more speed and less straws on that poor old camel.

I often say that regret is the only failure you cannot recover from. Long term negative issues will always have components of regret in them. Long term regret will occur in the absence of a plan. To wake up without a plan is to wake up without a purpose. To be purposeless is tantamount to being worthless. Having a plan, even a modest one, is the cure. Plan ahead, be grateful and every day, do one thing for your body, one thing for your mind and one thing for somebody else. I can't think of a better plan. Can you?

**MASSIVE THANKS THIS MONTH TO ZAC & DRAGANA BOJANIC, GAYLE ZAHN AND THE PEOPLE WHO'VE BOUGHT MY BOOK AND YOUR KIND WORDS IN REVIEW. JUST REMEMBER TO BE THE BENCHMARK RATHER THAN CHASE THEM.**

Karma means you  
are the maker of  
your life.

Siddhanta

