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STUFF

I love beating the epiphany drum. Have you noticed? 'Epiphany' is a Noun. "A sudden, intuitive perception of or insight into, the reality or essential meaning of something." So says Dictionary.com. It's the moment the penny drops. We all need them from time to time. Those rare moments of clarity that refocus us to the issues that actually matter.

If you are a person who has insight, you are blessed with that rare trait that allows you to look in the mirror and be totally honest with the easiest person in the world to lie to. Have you ever considered just how vital this is to maintaining your course in life and preventing waste? Those without it have epiphanies provided for them. They're called 'wakeup calls' and as the term suggests, can be traumatic, sometimes unwelcome and can create massive collateral harm. There's nothing like doing prison time, the loss of someone close or going through a serious illness to wake a person up to the realisation that "you know what, I've been an ass." Nature's intervention perhaps.

***So, here's some less dramatic stuff for you to consider,* offered in the belief that ah-ha moments are preferable to wakeup calls and that *choosing* to do important things is preferable to *needing* to do urgent things! There's no growth in urgency - only survival. Time to smell the roses folks about your current situation. We may only live once but as Mae West said, once is enough if you do it right.**

Part nature and part nurture, ***your conscience*** will let you know when you're about to cross fine lines between confident and cocky, passionate and obsessive, desirous and greedy. **IF YOU CARE TO LISTEN**. That would be self awareness right there! It needs to be balanced by your ego which necessarily drives you to be competitive. ***When they match, you get a Roger Federer.*** When they don't, you get a Bernard Tomic or Tiger Woods. Nature means it's often in your DNA or brain chemistry. Nurture means that you've faced consequences when you've crossed lines in the past. There's nothing like consequences to help you take ownership of your behaviour. These days, consequences have been watered down as authority figures are emasculated. ***Without consequences there are few lessons for the conscience to learn.*** In the absence of a conscience to regulate the ego, in the extreme what we get is a text book psychopath. Moderately, we often see unpleasant people who don't give a damn about the way they're perceived. 'What you see is what you get' is the mantra they use to soothe their self image. Peer pressure is a side effect of being a member of a social species. When it's positive you get mentors, examples are set and standards are high. When it's negative, ambivalence allows tolerance and eventually encouragement. Here's a rule of thumb; just because everyone's doing it, doesn't make it right. Just because you're the only one doing it, doesn't make it wrong. If in doubt, ask yourself; 'how would I feel if I just met me, or saw what I did?" ***Epiphany time!***

MATURITY is the balance between courage and consideration. When 'last one's in is a rotten egg!" becomes "look before you leap" you've matured. Nice if you can learn that distinction without banging your head on a log. Empathy, detachment, a thick skin, gratitude, respect, calm & wisdom are the calling cards of the mature.

AGE IS JUST A NUMBER
MATURITY IS A CHOICE

ARE YOU PRODUCTIVE OR JUST BUSY? A lack of self awareness blurs the two concepts. Just be aware that 'busyness" isn't business; only productivity is. Busy people think (wrongly) that they're valuable. Being replaced will be their epiphany. Busy managers are concerned more with control than productivity because productivity might mean having to share a little credit. Effective leaders on the other hand are happy to assign credit instead of blame. Morale is the winner every time. Ironically; they get the credit anyway.

THANKS THIS MONTH GO TO LIDIJA KOCOVSKA, SCOTTY PAGE, MARLENE NEWCOMBE, GEOFF PORTER, SIMON WELLER AND ROSS GRAY. ALL BENCHMARK PEOPLE

UNTIL YOU MAKE THE UNCONSCIOUS CONSCIOUS, IT WILL DIRECT YOUR LIFE AND YOU WILL CALL IT FATE." *Carl Jung*