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More Good Thoughts from Good People

Last month's article was titled "Good Thoughts From Good People". The purpose of this article was to emphasize the importance good thoughts have in our daily lives.

This article brought more positive comments than any article I have written since I began writing in 2004. It must have struck a responsive chord, and thus a follow-up article may be in order.

The theme of the first article was that modern life presents many stresses, which are often magnified in small family businesses. To be successful, we must maintain equilibrium and a positive outlook on life. We must draw positive energy, so to speak.

We draw this energy from others—families, friends, coworkers, customers, communities, and so on. But there are times when we need to look inside ourselves for that inner spark. After all, these same people—customers, family, friends—who provide energy to us are also the same people who take energy from us.

So, where do you go when you need an internal inspiration to keep on going—and not just keep on going, but keep on going with confidence and the expectations of bright futures?

One of my solutions has been a Word file called "Good Thoughts From Good People". I review this file from time to time, and I also add to it from time to time. After all, the people who wrote these comments have already been where we all have been, and we can draw inspiration from their words.

My hope is that you will start your own "Good Thoughts From Good People", and use these thoughts as inspirations and reinforcements to building your own good futures.

Here, then, are some more Good Thoughts From Good People."

Let's begin with one of my own. For years, I always answer the phone with, "It's a GREAT DAY at...", with an emphasis on GREAT DAY. The implication is obvious, I think. If I don't think it is a great day, I'll probably manage to convince other folks around me that well, you know, it's really not such a great day.

And so it goes. We

reinforce each other, for positive and for negative.

Nancy Friedman, in The Telephone Doctor, says it this way. "Decide your attitude in advance". Your attitude is your choice. Now there's a Good Thought!

She makes a distinction between a bad mood, which is temporary and happens to us all, and a bad attitude, which is really under your control. So, make it a great day at...!

Another of Friedman's Good Thoughts is that we all embrace change. She says, "The next time you change your mind, get a good one."

If you think about it, we are all living through the time of greatest change in the history of mankind. Nothing in our lives—nothing—is the same as it was 30 years ago. Maybe not even the weather!

The changes in the predictability of our work lives, family lives, retirement savings, and our living patterns are so vastly different from the patterns of our parents and grandparents. While in many ways the changes are for the better, coping with so much rapid and profound change can be wearing

Friedman's final Good Thoughts on change: "The great thing about change is that if we don't like it, we can "change" our mind and try something else. It's fun. It's challenging. And it's needed in so many cases."

Not all of these Good Thoughts need to be inspirational. Some could have come straight from Proverbs in the Old Testament, and some can be just plain fun. Here are some more.

"Whatever you are, be a good one." Abraham Lincoln.

"My main job is getting the right people on the right seat of the right bus." Pat Gray.

Three of my favorites:

"There is nothing so revolutionary under the sun that it cannot be discussed by reasonable men." John Hancock.

"I don't believe

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in ghosts, but I am afraid of them.” Mark Twain.

“I’ve had a lot of troubles in my life, but most of them never happened.” The character Pug Henry, quoted in Herman Wouk’s novel War and Remembrance.

And finally, this masterpiece from Jim Rohm: “Let others lead small lives, but not you. Let others argue over small things, but not you. Let others cry over small hurts, but not you. Let others leave their future in someone else’s hands, but not you.”