



AGAINST THE WIND

“Remember that the airplane takes off against the wind, and not with it.” –Henry Ford

Smooth sailing is a lot more fun than going against the wind. Society conditions us to value ease. Hardship or challenge is embraced by few. Often however, it is those who embrace challenge that achieve. I recently worked on a project where we were advised to fail often to succeed well. I think there is realism in that. There is energy in opposites: push and pull, retreat and advance, fail and succeed. This energy brings you experience and knowledge that leads to the next best thing.

In science opposites attract, creating energy. Always going with the wind can get tedious even if it keeps you safe. What is your current perspective regarding going against the wind? Do you avoid it, welcome it, accept or deny its value?

I am working with a client now who is in a very challenging and difficult business partnership. He is staying with it because he can see the rich opportunities it presents for growth and developing skill and power. Some days are hard for him to endure. But, he sees how he is changing for the better by having the courage to face the situation.

What would your career look like if you had experienced no challenges? For me, I may not be coaching, as it was the challenges I faced that made me look deeper and understand my life better. What are the challenges that have shaped who you are today?

Challenge ignites you. As you face a challenge, you muster the best in you. When your best is not enough, you learn what your weaknesses are. As you overcome challenges, your confidence grows. Can you think of a situation now

where you are flying into the wind? How is it affecting you? What resources are you using? Are you at your best?

Some people in the world face challenges every day of their lives. That is tough. It is good to have down time; a blend of going with the wind and going against it. Strive to go with the wind when it serves you. Be ready when the wind comes up against you.

Value the winds you run into. They serve a purpose. A little windburn gives you ruddy cheeks. You will be the better for it.

Create a resolution to build strategies for going against the wind.

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