

TLP Five-Minute Read Over Coffee – Maintaining that energy for learning and moving forward



I have had a lot of lively discussions (debates) about the value of reflecting back on 2023 and setting objectives for the New Year and 2024. Many of my friends are cynics of New Year's Resolutions - a typical quote 'Why wait for January 1st? - if something is important - I just do it there and then!'

➔ Do you.....?

I have seen something different in all my work this year.

The world feels a less nice, more uncertain, and more dangerous place than it did a few years ago. There is a natural tendency to go into a type of bubble mentality, focusing on taking 'one day at a time', 'doing your best to keep it together'. Maybe under all of this you feel a little 'greyed out'

(tired/uninspired) and the evenings might well just consist of getting cosy on the sofa and watching Netflix.

💡 I love this photo above because it reflects a fragile light that is so precious in us all. It is that energy and light that makes you want to learn new skills, move forward, and develop. It is the source for looking outside of your bubble and thinking about what you want in the future and how you might get there.

💡 The key reflection I take for myself and in my own coaching work in 2023 is in the 'how'. How do you nurture this energy to develop and learn new skills in fluid and uncertain times, when your energy might be low?

💡 What has felt important is in stepping lightly, keeping creative and having a sense of fun. Encouraging my clients to take steps forward, big, or small, in a way that is compassionate to themselves and realistic to the energy they have available.

💡 For me this is about committing to targets related to my coaching business, my French, my running (and even my birdwatching) that also reflects my reality - I have two little babies and not a lot of spare energy! However, I still want to move forward and while I love a good Netflix's series as much as anyone - I don't want that to be it!

💡 So I end this message for 2023 as I did 2022 - with the same message for myself, my clients and everyone I know! It is that despite the skies which might be dark and stormy, we all find ways to keep that forward looking and optimistic light burning in ourselves.
