

Many times we wait to attempt to change, clinging to the past rather than planning for the future that inevitably awaits us. High achievers, conversely, continuously look forward, changing before we must, knowing that the best way to transform is from a position of strength.

Changing Ahead of the Curve

November, 2009

Hi ladies ... (and the occasional Gentleman)... I sent this email to a male friend last month who was a little offended at my greeting. So, even though my mailing list is primarily women, total exclusion is rarely a good thing.

So, I'm on the backside of my surgery, and it's nearly impossible for me to write this newsletter with no mention of the experience at all. I went into the hospital on October 19 to do what they call a "colon resection," which means that my doctor was planning to cut a piece of my intestine out. When she got in there, she found that my intestine was healthier than expected and she didn't cut it. (yaay) She cleaned some stuff up and pulled my appendix, resulting in a much shorter hospital stay and easier recovery. I have to say that I was absolutely amazed that it never occurred to me that the surgery would be EASIER than I had anticipated. The doctor had prepped me for 5-7 days in the hospital and several months of recovery time. It just never entered my consciousness that it would be less than that. I am absolutely thrilled to be 3 weeks out and 80% back to normal. Yaay me...

So, I'm also thrilled to be back to work. It's a funny thing what you miss when it's taken away. I can't say that I've been miserable laying around doing nothing, but I certainly have been bored and lonely. I think the hardest part before the surgery was not knowing what the outcome would be; not being able to make plans beyond it. Now that it's behind me, I'm nothing but excited about the up-coming holidays and new year.

Along those lines, I'm in the process of planning an event in January with Karen Hodges, another Life Coach from Rhode Island. We're planning a half-day event at one of those way cool old mansions down in Newport. My piece will be on The Energy of Money and hers will be geared toward "New Year, New You." I know it's early and out of town, but if you're looking for an excuse for a great day trip or weekend away, please keep it in mind....Details will be on the website.

Now, on to what I'm reading. My husband bought me the book by Chesley "Sully" Sullenberger, the pilot who safely landed the plane on the Hudson River after hitting a flock of birds at takeoff. What a fascinating guy and thought-provoking book, which is less about the flight than about his life and the effects that the flight has had on him. If you're like me and you love to fly, it's an extremely interesting look inside the airline industry and the changes that it's gone through over the past several years. I've always been amazed that you can get into a "tube" and get out in a totally

different place and I've always been extremely appreciative of the flight crew and their efforts to make my flight as enjoyable as possible, but the book really opened my eyes to their perspective.

There were two other things that especially stood out for me in the book. The first was Sully's contention that everything that he had ever done in his life had prepared him for that water landing. Have you ever had that feeling? I felt that way when I helped to form The Dream Foundation, the adult version of The Make-A-Wish Foundation. It's an amazing thing to experience your life purpose in that way, and I'm forever grateful for having had that opportunity.

Secondly, I'd like to share the following excerpt from the book: *"I flew thousands of flights in the last forty-two years, but my entire career is now being judged by how I performed on one of them. This has been a reminder to me: We need to try to do the right thing every time, to perform at our best, because we never know which moment in our lives we'll be judged on."*

This reminds me so much of the golf course where it doesn't matter what you CAN do or what you did on the previous hole or shot. Nothing matters except the shot at hand, and every single shot is a new opportunity to experience great satisfaction or bitter disappointment. Sully has been flying for more than 40 years, but when the world looks at him, it's Flight #1549 that defines him. Food for thought...

Please call or email if you're struggling in any way and believe that a supportive ear can help. As always, referrals are also greatly appreciated. If I don't see or talk with you beforehand, I hope you have a pleasant and meaningful Thanksgiving....Best Wishes, Jayn



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My mission is to provide guidance, encouragement and support to women as they look beyond the internal dialog that limits their success.