

Coach's Comments... The Bucket List

Hello everyone,

The Bucket List is a great movie and a good reminder about what is important in Life. And usually what is important about Life will also reflect in our Work. Do you agree with that?

Find the Joy.

Be the Joy.

That's what I got out of the movie. Nothing like good ole Jack Nicholson to bring it home in only the way Jack can do.

So what's this all about?

Can there really be Joy in the corporate boardrooms where we are intent on reaching whatever goals someone or ourselves have set out for us?

Would you want to work for/with someone who has no time for joy, fun, laughter, or someone who gets that sometimes life is so serious let's get delirious? Only you can answer that. And how you answer that will known to those around you. And affect the bottom line.

What does your work style/leadership style/communication style say about you?

I get that you are busy. Find the joy in it, or change it.

Until next time,
Sherri

P.S. Have you ever noticed how your dog not only finds JOY every single day, s/he also has this amazing ability to BE joy too? Have something that lets you tap into your joy spot every day and watch how it transforms you, your work, and your life.

P.P.S. My funny dog park story today was walking with a retired minister who said how he doubled over in laughter as he heard someone say to the dogs as he opened the door..."get out you sons of b@\$%s!" Well, I always teach – It's all in how you say it!

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