



latest word

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I wish ...

Stop wishing, start doing !!

What do you think of when you hear the word "wish"?

Maybe its childhood memories of wizards, witches and wands or the genie rubbing his magic lamp granting you three wishes?

Wishing is very like hoping, it feels good to do it because, maybe, it might be you, and then again maybe it won't be. It's something we often associate with maybe winning the lottery, or a raffle or a desire for the weather to be sunny on a big day.

When you really think about it, it sets up two scenarios in your head, maybe I'll get what I wish for or maybe I won't.

It doesn't sound like, or indeed feel like, you're in control of the outcome.

Now don't get me wrong, there's a time for hope, and it has a purpose, I'm just saying it's not the ideal language to use for success in your life.

It's magical for children and I'm all for that, however, there's another group of people who do a whole lot of wishing, for very different reasons than children do, and that's old people ...



I wish I'd had more courage to live my life truer to myself, and cared less about what others thought.

I wish I didn't spend so much time working, and spent more time with my children.

I wish I'd worked harder, learned more, applied myself more and used my talents more.

I wish I'd said what I felt, and not hidden my feelings.

I wish I'd taken a chance on this or that. At this point in life, wishing isn't about hope, it's about regret!!

If you want to know what regret might feel like, take these ingredients.... *sorrow, loss, disappointment & dissatisfaction* and mix them into a heady cocktail called *regret*.

Now I know there's plenty of mantras that *regret is a waste of time, move on*, and I subscribe to that mantra of *learn your lessons and get on with it* but as you get older and run out of time, moving on from regret gets harder as the time simply isn't there to rectify things.

Now I don't want to bring this up, but how much time do any of us really have? We all know somebody that has been given the heartbreaking news that their time & life has been cut short prematurely. That could be me next or you, or anybody, that's life, it's unpredictable.

We get one shot, one life and it's up to us to make of that what we will. That's our privilege as humans, we have choice and will. Yes, depending on where you're lucky enough to be born, you have more or

less choices and opportunity. If you were born in Ireland, silver spoon or no silver spoon, you're at the top of the tree when it comes to choice and opportunity. Don't take it for granted or squander it.

So what's my point?

Look, depending on your mood or circumstances, you'll have read what I've written above, and go yea, yea, blah, blah, blah one life, yea, yea or, maybe you've got a momentary sense of perspective, from something I've said or a news story or whatever, and you are thinking you need to raise your game, who knows?

My point is that wishing and hoping, creates ambiguity in your thinking, and consequently ambiguity in your actions and mixed results in your life. You might or you might not.



Wishing and hoping are not words of commitment. They don't say "definiteness of purpose" to me, they say "we'll see what happens"; and sure if it works out then great.

Listen to a person's language and you'll get an insight into their thinking "I am, I want, I do, I will" is the language of power and commitment unlike "I hope, I wish, I'll try, I'll see".

If you change how you talk about you goals, you'll change how you act about your goals, and you'll change your results.

If you absolutely commit, you'd be very surprised how very little is really stopping you from creating that life you really want.

There's a passage from a writer called Johann Wolfgang von Goethe, which I find very powerful and you may do too:

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."

I can't put it any better than that.

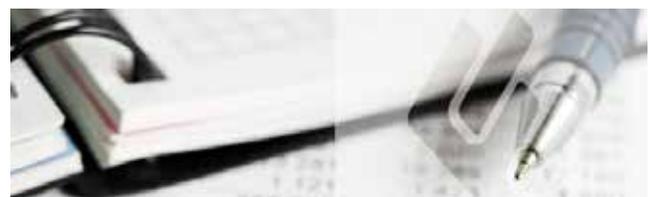
When you're truly committed, you will hear that in every word that comes out of your mouth.

I don't mind whether you decide what you want and commit yourself fully to that or not. Frankly, most people won't care. It's your life and it ultimately your decision. To decide, or not. To do, or not. To be or not to be.

It's up to you.

I'm just asking that you consider your life right now, and don't spend your life wishing and hoping, instead of having the courage and start doing.

Don't be that old man or woman..... *wishing* that you had done things differently!!



Last word

Thanks for taking the time to read our "latest word"

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