



Focused Growth

Spring signals a period of nature bursting forth in new growth. With the lengthening days many of us feel a spurt of new activities to accompany nature's exuberance.

When you think of "new growth" what comes to your mind in the Spring of 2006?

- Is there something that is beckoning within to "come forth" into your life?
- Is it a "new direction?"
- Is it a "new truth?"

Alternatively, "new growth" can involve integration, consolidation and grounding of "new truths" within or "new directions" in your business, rather than extending outward toward something new. Out of that process, new realizations may burst forth.

Nature prepares for spring with conditions that promote growth. We, too, can promote our personal and business growth by ensuring conditions that promote and allow it. Removing the now irrelevant allows the "new" to emerge.

What is it in your life or your business that needs a "spring cleaning?"

- Are there relationships (or directions) that need to be reshaped, reformed or eliminated?
- Are there new relationships (or directions) that would promote your growth and not constrict it?

The way we view "what is possible" in our lives and businesses, "who we are" as individuals and businesses guides and shapes the processes of "new growth" and the conditions to promote it. Envisioning a future that allows authentic expression of who you are and what your business is provides guidelines for decisions. Many of us spend more time "doing" than "thinking" in our lives and our businesses.



Is it any wonder that we lose ourselves and our businesses in the morass of activity?

What would help you envision the future possibilities in your life or your business?

- Setting aside time each week to "think?"
- Recruit a group to "think" together with you?
- Keep an "envisioning" journal to record your thoughts about possibilities?

The consequence of not spending time envisioning our futures is that we spend our time "reacting" to life rather than "leading" our

lives and businesses. Focusing our thoughts, feelings and actions on what reflects the truth of who we are and what we want to contribute to society opens the pathways to realize our visions and activate purpose.

- What is the purpose of your life? Your business?
- Have you taken the time to articulate your purpose – in life and in business?
 - Do the activities in your life and in your business reflect that purpose?
 - If not, what would have to change to bring your life and business in alignment with your purpose?

Purpose infuses our lives with meaning – the end goal of all new growth. Recall the words of Martin Luther King, Jr.'s, "I have a dream" speech and the vision it provided for our nation. "I have a dream that

my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

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