



Bridges

A bi-monthly newsletter from Meridian Consulting, Inc.

Building Bridges to Success
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Quote:

*"Rather would I die in a second of passionate activity,
rather flame for a second and die in the next, than live a sterile, barren, unsexed life,
to die slowly in bed at an old age headed through safely treading an uninspired road."*

Jack London, Author and Adventurer

Featured Topic:

Are You M.A.D.—Making A Difference at the Individual Level?

As our daughters ventured off into the world as young adults we, like other parents, wanted them to be successful. It was easy to say that we wanted them to have every advantage so they could have a chance for happiness and success. We wanted them to go to college so they could find a good job, afford to buy a house, raise a family and have some of the finer things in life. There's nothing wrong with that picture, but there's one more thing that we wanted for them—to be able to *make a difference* as they live their lives. This requires them to be more than a passive observer in life.

Being able to *make a difference* is a hopeful way to live; it's a way to live with conviction in difficult times. The author, Paul Rogat Loeb, of "Soul of the Citizen," wrote how most Americans are thoughtful, caring and generous in the personal realm with family and friends, but where we falter is in the public realm, "*We've all but forgotten public participation...and how much it can enrich our lives.*"

The workplace is one of the most visible and demanding public sources of participation. However, authentically participating at work, like any challenging path oftentimes offers no instant rewards. Nonetheless, your workplace is like any other community in that it is a reflection of individual contributions. When you contribute and care about the whole, your community is healthier and more vibrant.

As you participate in your life in the workplace—are you making a difference?

As organizations become flatter, faster and more complex, they must have your willing involvement and the very best from you. Your organization needs every person to contribute in an authentic way.

What's your contribution?

This question gives you the opportunity take a personal accounting. Are you actively engaged or are you a disengaged observer of events that shape your workplace? There are any number of reasons justifying your non-engagement or marginal participation, but if those reasons rule your actions, then you are giving up control over your own life to those external events.

Participating fully means bringing all your humanity to work and believing that what you do adds value to the whole—when that happens you can *make a difference*. However, some people believe that nothing they do will make a difference, unfortunately, that creates a *Self-fulfilling Prophecy*. While your *attitude* may be influenced by the people and the events that surround you, ultimately it is your responsibility to manage it. It belongs to you. You are responsible for creating it, and you are responsible for the care and feeding of it.

Your attitude is the control center of your life; an attitude of confidence and positive expectations will help you overcome any obstacles you encounter. A positive attitude is something that needs to be nurtured and practiced, in good times and bad. The true test of a positive attitude is how you react to adverse circumstances. It's worth remembering the following things:

- Recognize that what you think about, is what you lean towards. *This means learning to focus your thoughts and actions towards what you want.*
- A positive attitude can be developed by consciously thinking about your life with gratitude and appreciation. *As a natural consequence, your confidence and credibility develop exponentially.*
- Your attitude shapes your ability to envision possibilities about yourself and your situation. *An attitude of confidence and positive expectations will help you overcome the obstacles you encounter.*

“If you develop a sense of your own power to change your life, you will have a gift that can never be taken away from you. You will always have hope for a better outcome, and you will never remain stuck in being a victim of circumstances.” Greg Barrett

In today's fast-paced, high-stress, multitasking environment, it is reassuring to note that the ability to enjoy your life and get the best from whatever you do—lies within you. You are the architect of your own life.

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## Book Review: “*The Right Questions*” By Debbie Ford

“There are years that ask questions, and years that answer.” Zora Neale Hurston

Debbie Ford writes, “It’s easy to forget that the circumstances of our day-to-day lives are a result of decisions we made yesterday, last month and last year.” She talks about how relationships do not disintegrate because of one argument, feeling tired and stressed out all the time is not because you slept poorly last night, or having a miserable work life is not the result of a tough day at work. Ford discusses how the decisions we make every day, affect how you live, love and work.

This book is deceptively simple, Ford poses 10 questions that help you look at the conscious and unconscious choices that you make every day, to discover your true motivations and the self-awareness of why you do what you do. Ford’s questions focus on the “here-and-now” and the result is energizing, because it helps you achieve your goals through the choices you make every day. For those of us who set goals but fail to get any closer to them, she advises you to examine your daily choices to determine the real goals they serve.

In brief, easy to read chapters, Ford offers clear guidance for exploring the decisions that support your true needs, instead of running on automatic pilot, and unintentionally sabotaging the direction you truly want to go. While there is nothing ground-breaking in this book, it's style and approach leads to deep self-discovery. More importantly, it helps you regain control of your destiny and provides the tools to manage your day-to-day world, and the freedom to make a difference in your life and the lives of others.

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### Featured Service: *Consulting Services*

*Business is a uniquely human endeavor;  
it is conducted by people, between people and for people.*

Today, more than ever before business success is defined by the collaborative response. As companies become flatter and more open, your organization must *have the strategic involvement and dedication of every person*, with each person acting as a steward of the organizations integrity, reputation, and results.

Imagine the power of a fully engaged workforce:

- Witness a more satisfied, flexible and productive workforce.
- Realize lower turnover rates and absenteeism.
- Observe an increase in individual motivation and commitment.
- Watch as a sense of renewal and commitment takes hold.
- Observe an increase in personal accountability and shared responsibility.



Meridian: Providing  
Innovative Ideas  
Creative Solutions

At Meridian, we are committed to helping you make this a reality. Call us today to find out how we can help your organization and the people in it, move from what is, to what it could be through authentic *participation* and sustained *collaboration*.

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