



Say 'Yes' to Success

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The cycle of life presents critical business lessons that are easily overlooked in our rush to make every moment a moment of accomplishment.

Consider this:

- **As children**, our world was pure fun! We played, ran, squealed with joy for hours that seemed like minutes.
- **As teens**, our world centered on relationships, specifically the devastation if that special one failed.
- **In our twenties**, we entered the professional world and said 'Yes!' to everything to get ahead. We then figured out how to accomplish our commitments with exuberance.
- **Our thirties** brought about a turnaround. Our lives overflowed with a blend of fun, relationships, expanding families, professional and personal commitments. Balance became more than a nice theory, but a necessity.

We thus learned the art of saying 'No!' - an agonizing transition for many, especially women.

Here lies the problem: as we progress beyond our thirties, too many of us keep saying "No!" out of habit. With each "No," our lives that have expanded until this point are becoming smaller and smaller.

My parents, perhaps like many of your own, lived this theory. Suddenly, they no longer wanted to travel or try new restaurants, or even leave the comfort of their home.

I am not suggesting that you begin saying "Yes" to everything. Some things need to be a part of our past. Invite more exhilarating "Yes's" into your world, both professionally and personally.

Here are my **Top 7 Tips** to come alive at any age:

1. **Simply notice what you are now saying "No" to that once intrigued you.** Remember, some "No's" are beneficial. You are looking for nuances.
2. **Question what you are saying "No" to.** What has changed in you? Are you bored with certain activities or modes of thinking? Ready for something new?
3. **Notice changes in your associates or friends.** Those with whom we surround ourselves often mirror us in ways that we don't see in ourselves.
4. **Ask yourself intuitively what's missing in your life right now.** What would open up to you by simply saying a big fat "Yes" today to whatever it is?

5. **Question your habits.** Have you been a runner or swimmer and are now ready for something that will wake up your body in a new way?
6. **What have you longed for, but time or commitments haven't allowed?** A CEO once told me that he'd love to return to sales as it was so much more fun than being a leader.
7. **Act on an article that stimulates your thinking instead of filing it.** We all have files of that place to visit, that person to call, or that area of town we've not experienced.

"No" is a powerful word to be used wisely.

Saying "Yes" makes you feel alive! Mentally, it opens new pathways in your brain, allowing for greater and more creative thinking. Physically, it gets you moving in stimulating new directions. Socially and spiritually, you grow. You are a winner all the way around.

I'd love to know how saying "Yes!" to just one thing this week that you would typically say "No" increases your success rate!

Read all of Ann's Writing and Wisdom at: <http://gvasuccess.com/writing-and-wisdom.htm>

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