

# Painless Business

## Eighty Today

To do this exercise you will need to be relaxed and away from disturbance.

Imagine you are attending the 80<sup>th</sup> birthday of a loved one – someone you have known for a very long time, someone you hold dear to your heart.

Picture yourself donning your best suit or dress, brushing your self down, fixing your hair and then driving to the hall for the party. As you arrive, many familiar faces greet you – friends of old, family, people you had forgotten you knew.

Picture the hall, full of balloons, streamers and banners saying 'Happy 80<sup>th</sup> Birthday'. The guests are milling about, waiting for things to start. Someone rattles a spoon against a cup, coughs and brings the hall to order.

They introduce the order of the day – there will be four short speeches about the guest of honour – one from their family, one from their work or profession, one from the church or community group they have worked with for some time and finally one from one of their closest and longstanding friends. But first, a toast to the 80 year-old! The whole hall stands and raises their glass – to you!

If you could stand now at your 80<sup>th</sup> birthday party, what would you want said in those four speeches? Think hard and deep. What kind of a father, mother, wife, husband, or sibling would you want them to say you were? How would you like your peers to describe your contribution to your work? What of those friends, how might they recount the years?

What difference would you like to have made in your guests lives?

If you can truly know what you want from life, and can bear that end in mind as you plan and live each day, week, month or year, your ability to live the life that is truly in keeping with your core values is greatly enhanced.

It is so easy for us to get caught in the activity trap, to work harder and faster at climbing the ladder of success only to get to the top and discover it's leaning against the wrong wall.

What wall do you want to climb?