



September - Here's a Vicious (or Virtuous) Circle you'll want to get into....

Some Vicious Circles don't work in our favour – In Las Vegas I watched a man lose the equivalent of my salary at the time playing blackjack. He bet to win (big), he lost, so he bet more in order to win back what he lost, he lost more, so he bet more to win back more of what he lost, he won some, so he bet more to win even more, he lost and this happened in less than 10 minutes That's why casinos, on-line bingo and lotteries rarely go out of business – because there are enough people in this vicious circle to keep them very prosperous.

A really neat Vicious Circle is that of action and learning. This is the way of creating sustained change over time. So what is it? It's as simple as Forwarding the Action and Deepening the Learning and when done together over time – this creates positive movement you want.

Forward the Action: You do some new action towards a goal you have, from that action you will achieve a result – good or bad doesn't really matter – that result will give you feedback on whether the action you took had the impact you wanted, delivered the result you wanted. So you behaved in some way and learned something from it.

Deepen the Learning: You learn something about yourself and as a result you try a new action or behaviour.

See why this is a Vicious Circle? Or maybe a Virtuous Circle?

Try a new behaviour, learn something about yourself. When you learn something new about yourself, you try a new behaviour. You keep learning and acting over time which leads to sustained change or really positive progress towards a goal. It creates forward momentum in your life.

Possible Homework:

1. Try a new behaviour, take a new action – what result do you get? What did you learn about the action? What did you learn about yourself? What action would you take knowing what you now know?
2. Reflect on who you are – what makes you tick? What is important to you? What do you want to achieve? From that knowledge about yourself what action will you take?
3. Keep the Vicious/Virtuous Circle going – it's an upward spiral to your fullest life.

Here's a Vicious (or Virtuous) Circle you'll want to get into....

Some Vicious Circles don't work in our favour – In Las Vegas I watched a man lose the equivalent of my salary at the time playing blackjack. He bet to win (big), he lost, so he bet more in order to win back what he lost, he lost more, so he bet more to win back more of what he lost, he won some, so he bet more to win even more, he lost and this happened in less than 10 minutes That's why casinos, on-line bingo and lotteries rarely go out of business – because there are enough people in this vicious circle to keep them very prosperous.

A really neat Vicious Circle is that of action and learning. This is the way of creating sustained change over time. So what is it? It's as simple as Forwarding the Action and Deepening the Learning and when done together over time – this creates positive movement you want.

Forward the Action: You do some new action towards a goal you have, from that action you will achieve a result – good or bad doesn't really matter – that result will give you feedback on whether the action you took had the impact you wanted, delivered the result you wanted. So you behaved in some way and learned something from it.

Deepen the Learning: You learn something about yourself and as a result you try a new action or behaviour.

See why this is a Vicious Circle? Or maybe a Virtuous Circle?

Try a new behaviour, learn something about yourself. When you learn something new about yourself, you try a new behaviour. You keep learning and acting over time which leads to sustained change or really positive progress towards a goal. It creates forward momentum in your life.

Possible Homework:

4. Try a new behaviour, take a new action – what result do you get? What did you learn about the action? What did you learn about yourself? What action would you take knowing what you now know?
5. Reflect on who you are – what makes you tick? What is important to you? What do you want to achieve? From that knowledge about yourself what action will you take?
6. Keep the Vicious/Virtuous Circle going – it's an upward spiral to your fullest life.

Live your potential!

Anne Taylor
***DIRECTIONS* – Coaching for Results**
www.taynac.com/directions
coachanne@taynac.com