

CAREER HEALTH

A Team is More than a Group of People

By Patricia Fripp, CSP, CPAE

When John Amatt led the 1982 Canadian team on a successful Mount Everest Expedition, only three people reached the summit. Many climbers who were part of the team, whose lifetime ambition was to stand on top of Everest, made the conscious choice to stay in the base camp. Why? Because they knew the effort was likely to fail if everyone tried to make it. They chose to forego their individual dreams in favor of helping the team succeed.

This wasn't John Amatt's first time to plan an Everest expedition. Ten years earlier, with one of his friends from Norway, he had gathered a team of world-class climbers from many different countries for the challenge. But at the last minute, he backed out. Officially, it was to get married. "But that was just an excuse," he said later. "I knew that, despite having the best climbers in the world, this expedition would not succeed. Everyone wanted to reach the top for their own glory or that of their country. No one seemed willing to make decisions for the good of the team."

His fears proved founded. Not only did the team not cooperate to make it to the top, at one point these sophisticated expert climbers even indulged in a rock-throwing fight.

A "team" is not just people who work at the same time in the same place. A real team is a group of very different individuals who share a commitment to working together to achieve common goals. Most likely

they are not all equal in experience, talent or education, but they are equal in one vitally important way, their commitment to the good of the organization. Any group of people, your family, your workplace or your community, gets the best results by working as a team.

I believe that all of us want to be part of something bigger than we are. Team relationships fulfill that basic need. They are an immensely powerful force, yet they always need to be nurtured. Be sure to show each team member exactly how far reaching his or her contribution can be. The team, each member, and the larger organization will enjoy greater enthusiasm and ultimately greater success.

What makes a team? The answer is simple; individuals who are not equal in talent, experience or education, but equal in commitment. It is not realistic to think we can live or work with others without some conflict, but by communicating about the differences, focusing on the common goals and not throwing verbal rocks, we will make great strides.

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simple changes into a regular habit in order to achieve long term success. It is very important to improve your health in order to be happy and enjoy life. Besides exercise you need to have good sleep and rest in order to be healthy. Sound sleep can refresh your mind and make you feel healthy. All these simple changes in your life style can improve your health and make you feel strong and fit. You will feel a sense of well being, both emotionally and physically.

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"...as one goes through life one learns that if you don't paddle your own canoe, you don't move."

-Katharine Hepburn

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We hope that you find these articles to be of value in improving the quality of your life.

PHYSICAL HEALTH

Good Healthy Habits

By Tania Jain

Good health is of prime importance to all of us. Our bodies need to be healthy, filled with abundant energy and sound sleep, and disease free. This will give us a sense of overall well being. In order to be fit and healthy we need to practice healthy living styles with proper food habits and exercise. We cannot be healthy if we are lazy and lethargic. We need to work hard both physically and mentally to be fit and healthy. Besides exercise, we also need to eat healthy foodstuffs avoiding junk foods, which make us lethargic and dull. If you are over weight and obese you will suffer from health problems. So you need to maintain an optimum body weight to be healthy.

You need to form healthy and positive habits. Positive thinking is very essential in order to be healthy. You need to clear out your mind and fill it with positive thoughts. You will have to remove all the depressing and negative emotions and thoughts from your mind and replace them with healthy and positive thoughts. These positive thoughts can be extremely energizing and always lead to good things in life. You can get involved in practices such as meditation and yoga to get rid of the negativity and fill yourself with positive thoughts.

You need to eat healthy foods in order to be fit and healthy. Simple food stuffs like vegetables, fruits, nuts, tubers, lean meat, pulses, etc. can keep you healthy and strong. Try to avoid refined foodstuffs. The main reason for ill health and diseases is improper food consumption. Because of this, many people suffer from diseases like diabetes, cancer, obesity etc. Simple changes in your diet can cause a great difference within a short period and can improve your health drastically. Try to avoid smoking and alcoholic drinks. For good health, you need to exercise daily. Exercising in the morning can leave you with a refreshed feeling throughout the day. Exercising can put you in a good mood and it will be easier for you to think positively and eat healthy foods. You can also get involved in activities such as swimming, biking, walking or playing your favorite sport in order to keep you healthy. Do not go for an activity which you do not enjoy. Try to do your workouts in the open air. In this way you will feel more refreshed. You should not make drastic changes in your life style. You should start with simple changes and make sure that you enjoy them. Try to make these

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RELATIONSHIP HEALTH

What is Diversity?

Diversity is recognizing that there are many different individuals at work, each one with a unique set of characteristics, talents, gifts, skills, personality traits, physical abilities, background, appearances, thoughts, feelings, beliefs and viewpoints. It is the variety of those differences that make the workplace so diverse.

Diversity awareness helps us to appreciate those differences rather than complaining about why someone "isn't exactly like me" in thought, behavior, ability or in any other way.

Once we change our focus from seeing the differences to appreciating the uniqueness, we can see the glorious patterns that these differences can bring to us. They enable our workplace to tap into a richer variety and find more creative ways to solve everyday challenges.

In learning about diversity, we learn to appreciate that everyone really is unique and has unique talents, feelings, gifts, thoughts, personalities, histories, beliefs, etc. It's like the Fall leaves turning a wide variety of brilliant colors. It is because of the great variety that we can really see and appreciate the differences. Yet, the combination provides a beautiful tapestry that is only beautiful because of its great variety. So, rather than put people in small boxes with labels, we can just let them be whatever they are in all their glory and learn more about a wider variety of people, even if they see things very differently than we

do. Or, more importantly, we can appreciate people because they see things differently than we do.

Cornell University describes diversity this way: "Diversity is about learning from others who are not the same, about dignity and respect for all, and about creating workplace environments and practices that encourage learning from

"There never were in the world two opinions alike, no more than two hairs or two grains; the most universal quality is diversity."

-Michel de Montaigne

others and capturing the advantage of diverse perspectives."

Max DePree writes in [Leadership is an Art](#):

"The simple act of recognizing diversity in corporate life helps us to connect the great variety of gifts that people bring to the work and service of the corporation."

"A whale is as unique as a cactus. But don't ask a whale to survive Death Valley. We all have special gifts. Where we use them and how determines whether we actually complete something."

"When we think about the people with whom we work, people on whom we depend, we can see that

without each individual, we are not going to go very far as a group. By ourselves, we suffer serious limitations. Together we can be something wonderful."

"In addition to all of the ratios and goals and parameters and bottom lines, it is fundamental that leaders endorse a concept of persons. This begins with an understanding of the diversity of people's gifts and talents and skills. Recognizing diversity gives us the chance to provide meaning, fulfillment and purpose, which are not to be relegated solely to private life any more than such things as love, beauty and joy. The art of leadership lies in polishing and liberating and enabling those gifts."

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INNER HEALTH

Visualize Your Perfect Day

By Mark Victor Hansen

Every person on the earth has the same number of hours in the day to work with. I have 24 hours, Bill Gates has 24 hours and so do you. It is up to each individual to decide how to occupy every minute. We can waste our days sleeping late, watching television, hating our jobs and wishing for a better life. Or we can spend most of the time we have been given creating that better life – a world devoted to improving ourselves and the lives of others. How do you want to spend your days?

You have the power to live each day exactly the way you want to live it. Think about that - the resources to create the life you desire lie within your mind.

The truth of the matter is, you are either living your life the way you envision it, or you're living your life the way someone else is envisioning it.

Don't you think it's time for you to take control and begin fulfilling your own dreams?

You're probably saying, "Yes! Of course I want to live my dream life, Mark. But I don't know where to begin." Well, you begin at the beginning.

First, you have to realize that the power to having everything you've ever wanted exists within you. There is no other person on the planet who can do it for you. Heck, I'd love to be able to give you what you want simply by blinking my eyes, but I can't. Only you have that ability. I can show you the door to living your dreams, but you have to walk through it.

Second, you have to have a clear vision of what your perfect life looks like. That entails you visualizing and writing down exactly what you want on a daily basis.

And third, you must believe that your perfect life will manifest itself and become your reality. Remember, whether you believe something is possible or not, you're right.

Set your goals - What do I want ideally? - add your 'why' - Why must I

"The bumps in the road just make the ride more fun."

-Anonymous

have it? - and your subconscious mind mystically supplies the 'how'.

"Goals are new, forward-moving objectives. They magnetize you toward them."

In closing this week, I'd like to offer an exercise to complete in the week ahead:

I want you to visualize your perfect day. This day is one where you feel motivated, exhilarated, joyful, healthy and focused. First, take out a journal or notebook and make a timeline of 24 hours, each line of paper should represent one hour of

this perfect day. For example, line one should be Midnight - 1:00 AM. Line two should be 1:00 AM - 2:00 AM and so on.

After you have created this timeline, visualize what you would ideally be doing during each hour. Perhaps from Midnight - 1:00 AM you would be sleeping soundly, or maybe you would be living it up at a nightclub or party. How will you spend 9:00 AM - 10:00 AM? Will you be at the gym working out or having breakfast with clients who love and respect you?

What about 2:00 PM - 3:00 PM? Is this the hour you'll pick your kids up from school, or will you be getting a relaxing massage?

Make each hour one at a time until you have created your perfect day. Once you have determined how you want to spend your time, review the timeline often - morning, noon and night. This is going to be your future schedule, so you need to become familiar with it. Believe that this is how you are going to be spending your time and it will become your reality.

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