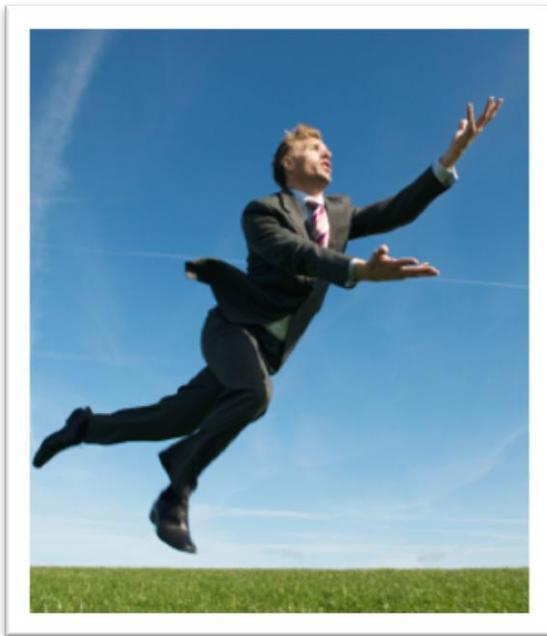


# FALLING FORWARD



SQUATTING ON SOME OFFICE STEPS ON GREAT POULTNEY STREET IN LONDON'S WEST END, A YOUNG, PROFESSIONAL MAN SOBBED IN DESPAIR. It was a deep sob, one of those cries that when you watch, you know it's not over spilled milk. The man had come out of a building that was filled floor to ceiling with Design/Media agencies.

As nothing more than a stranger concerned for someone in pain I approached him offering him an ear for his upset. In true 'Martian man' fashion he

said he was fine! The tears kept rolling though! As it turned out, his career had imploded only minutes before.

Later that day, it had me thinking about some of the life-implosion experiences I've had and had the same effect on me. At the time when these happened, my life seemed at its painful worst. Yet, with most of these experiences, either 6 seconds, 6 hours, 6 months or even 6 years later, I've realised that the so called 'implosion' was the best thing that could have happened to me. It is often because of these blips on life's heart monitor that you move to better jobs, better homes or more fulfilling relationships.

Stumbling at some of life's hurdles will be inevitable in that you will have no choice in preventing them from happening. But you can choose how to respond to what happens.

There are three interesting truths about these upsets - 1. They happen to all of us, 2. Nobody enjoys them, 3. We can all learn how to respond to them.

So when you fall in life and you will at some point, remember to fall forwards. Falling backwards is to put responsibility about how you feel outside of your control. To fall forwards is to surrender to what's happened but to use it to build a stronger self esteem, a better relationship or a better career. The benefits are worth the effort – take it from someone who has a lot of falling experience!

Here are some tell-tale signs for falling forwards or backwards when life goes wrong...

Falling Forwards	Falling Backwards
Take responsibility	Blame others
Learn from each mistake	Repeating the same mistakes
Persevering	Quitting
Taking new risks	Being limited by the past
Being positive	Being negative
Knowing failure is a part of growing	Being frighten to fail
Bouncing back	Shrinking inside yourself

## WHAT CAN YOU DO ABOUT IT WHEN YOU'RE FALLING?

- Know that all emotions (good and bad) will pass. It may not feel like at the time but your feelings will change and balance themselves out.
- Have you ever said, "Someday I'll look back about being fired and laugh"? WHY WAIT?!!
- Accept and surrender to the reality of the situation and ask yourself, "How can I become better because of what has happened?"
- You need to be the change you want to see around you Ghandi once said. So for example, if you want better friends, be a better friend to someone.

- Change how you speak to yourself and others. Be aware of how you talk to yourself. American personal development speaker Zig Ziglar suggests that as much as 70% of what we say to ourselves is negative – even if half of that statistic is true, we need to change it for the better.

If you'd like to see a great film about Falling Forward, get a copy of the film "Mr Holland's Opus" starring Richard Dreyfuss – it's very inspirational.

*Life can be tough, be tougher!*

Keep smiling,

A handwritten signature in blue ink that reads "Brad" with a stylized flourish underneath.