

An October We Won't Soon Forget

Posted on [October 10, 2008](#) by [SeattleCoach](#)

I bet you're either glued to the news, or you've made yourself stop watching altogether. Personally I've made several resolutions this week—in both directions. As I write this on Friday afternoon, I've decided to watch for a minute—just in time to read, “DOW HAS IT'S WORST WEEK EVER.” Enough.

As I've met with clients and coaches-in-training this week, I've asked them how they're doing in the midst of this perfect storm, and how they're advising their own hearts. Here is some of what I've heard:

- *“I don't want my basic optimism about life to be a casualty, but that is taking extra attention—it takes my slowing down and listening more instead of reacting.”*
- *“I've got to make extra certain that I'm offering my best to my work. People will always want my best.”*
- *“My spouse and I talked last night about the values that keep us together as a team.”*
- *“Better not quit my day job yet.”*
- *“I've got to stop listening to that critical voice that's yammering about woulda-coulda-shoulda. It doesn't help—in fact, it makes me feel stuck.”*
- *“Moving toward work that I love is becoming more compelling—since I'll probably be doing it for more years than I'd planned.”*

If you've got a bit of your own wisdom, angst, questions to add to the list, please do.