

Do you Appreciate your Parachute ?

You've probably read Charles Plumb's life-changing Parachute story - if not, here it is - <http://www.charlieplumb.com/book-insights.htm> -

A great story with a great moral, BUT, **what are you going to do about it ?**

We all live very busy lives, and it's easy to quickly forget the lessons that we learn on the way. So here's a few tips -

When you say Thank You, mean it !

I find the best place to interview people for jobs, when I'm doing recruiting work, is in a café. You can learn a lot about people's behaviour when you watch how they treat the wait staff. When paying candidate packs the waiter's parachute with happiness, I'm more likely to pack the candidates' parachute with a favourable recommendation to my client.

Do a good deed for a stranger today !

When you pack someone else's parachute with help, you pack your own with a sense of feeling good, and others sense your goodness.

Do you have a friend in need ?

In today's busy world, we often find ourselves so busy that we can only keep in touch by sharing e-mailed jokes. There's an old saying "to have a friend, be a friend" and I'll never forget the toughest meeting I ever had. I'd got out of touch with an old mate who was in original crew of mates that used to hang around together. Although I knew he was ill, he was a solid hour's drive away, and any conversation would be difficult. Then, because no one else could, I gave the eulogy at his funeral. The toughest meeting I ever had was when I made the effort to visit his Mum a month later - it was obvious that if I could visit her, I could have visited him and help pack his parachute. It's fair say that my parachute stayed empty for a while.

Recognise when your parachute's being packed !

Some people who are outwardly successful are unhappy privately, because they never stop to count their blessings. In fact, no matter how much they achieve, some people never feel that they have achieved success, so they live their lives without any parachutes, and die lonely.

Realise how easy it is to pack your own parachute !

When you think of what parachutes really are, the whole process becomes very easy. Parachutes are simply people or events or items that save us from grief. We could be talking about the sharing the load with a friend, whilst having a coffee. We could be talking about going to the concert or a movie that makes us feel good. We could be talking about donating some time to benefit a charity or your local community. We could be talking about having a bag with cossies and a towel in the boot, in case we have the chance to have a swim during the day.

Realise how easy it is to pack someone else's parachute !

Instead of sitting in the traffic, getting frustrated because nothing's happening, why not make a quick phone call to a friend to see if they need help to pack the parachute today ?

Realise how easy it is to pack yours AND someone else's parachute !

I have a proper phone kit in my car, and I have turned my travelling time into highly productive time. If I need something in writing, either I pull over and make a note or ask the other person to send me an e-mail or SMS, meaning that instead of getting frustrated and annoyed in the traffic and then arriving back at my desk with a stack of phone calls to make, I've helped pack someone else's parachute by giving them a quick response and helped pack my own by easing my own workload.

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