



It's time for positive

# CHANGE

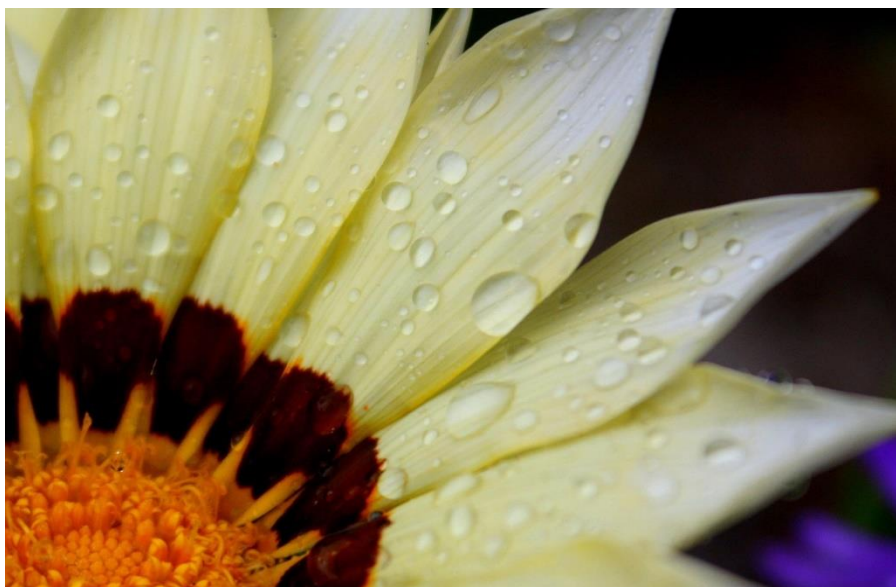
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## **May Flowers Vs. May Day**

*Turning tragedy into opportunity*

May, 2017



You've probably heard the phrase "April showers bring May flowers." What this adage is trying to tell us is simple: A lot of good can come out of the (seemingly) bad. Instead of bemoaning the rain, think about the colorful, fragrant flowers that will result from the showers. Instead of shouting "May Day!" think of the opportunities that arise from "a sinking ship."

## **It's all about changing your thinking.**

It's about putting forth conscious effort to practice gratitude at every turn, instead of pessimism.

But don't take *my* word for it! There is [a mountain of evidence](#) supporting the power of positive thinking. The [Greater Good Science Center](#) at the University of California, Berkeley is just one of the institutions that is studying the effects of positive thinking and gratitude. They have found that mindfully practicing gratitude can improve health (lowering blood pressure, improving sleep, etc.), strengthen relationships, and increase happiness.

In the past, I've written about [daily gratitude practices](#) such as keeping a gratitude journal, saying thank you, and avoiding pessimistic co-workers. But what do you do when tragedy strikes? How can you possibly find gratitude in truly ugly situations?

**It's possible. And it can even help pull you out of the negative situation OR take you down a path that you may have never considered.**

Positive, powerful movements can begin from tragedy. Think about how people came together in the U.S. after 9/11 or Hurricane Katrina. Think about the 2008 Great Recession—that time period forced new graduates to become more inventive and create new opportunities for themselves that never before existed (freelance app development, subscription box services, etc.).

**In your own life, it's possible you've been fired from a job or had a major life event rock your world. Although those things can seem overwhelmingly negative at the time, they *just might* open new opportunities.**

## **So, how do you mentally face a tragedy and turn it into an opportunity?**

### **1. Keep up a positive frame of mind.**

Give yourself daily reminders of your worth and your ability to navigate tough time periods.

### **2. Lean on your support network.**

Don't be afraid to ask for help when you need it! You've given to others; now it's your turn to rely on them.

### **3. Take time to reflect.**

Find a quiet place. Jot down notes or make a mind map—whatever comes into your head. Revist your notes later and see what stands out.

### **4. Get excited.**

You're stepping into new territory. Think of it as *exciting* instead of *scary*. Have faith that you will get to where you need to go.

## 5. Find a mentor; be a mentor.

You're not alone. Others have likely endured similar tragedies and are willing to talk about their experience. Whether you're facing health issues, financial difficulties, or a lost job, don't be afraid to reach out and find others who have experienced and understand your situation. You might find this community online or within your own neighborhood (try using the [Nextdoor app](#) to connect with your neighbors!). And once you've established a connection with others and worked through your difficult time, don't forget to give back! Be a mentor for those facing similar difficulties.

How you see "the rain" is up to you. You can moan about the gray skies, the puddles, your damp sweater...or you can attempt to see the rainbow at the end of the storm. Ultimately, it boils down to *you* and how you view the world.

Sincerely,

Margaret

From the [UXL Blog](#)...



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## Feeling Stuck? In need of a breakthrough?

Our next [Insights Deeper Discovery](#) workshop will be held on Thursday, June 22nd. More details about this transformative program on [our Eventbrite page](#).

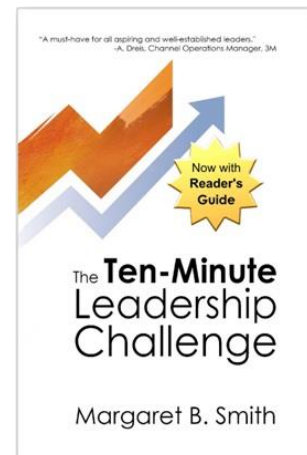
*"I left feeling affirmed and challenged to take those next couple steps on the way to the Real Me." -Mary, workshop participant*



**UXL's mission** is to create leaders, promote positive change, and enable businesses and individuals to transform their dreams into reality. **Margaret Smith** is a career coach, speaker, author, licensed [Insights Discovery practitioner](#), and adjunct professor at St. Kate's University with 27 yrs experience as a Senior Leader for 3M. [Learn more about Margaret and UXL.](#)

**The Ten-Minute Leadership Challenge** is an instructive and interactive book meant to guide and motivate you to **achieve your full leadership potential**. Let this book be your constant companion as you learn **useful tips and gain valuable insights** to help you develop into a savvy business professional and a confident leader. Start your journey to success today. **Do you have ten minutes?**

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Margaret is the co-founder of the TAG team <http://www.tag-mn.com/>, a group of accomplished coaches that guide individuals and organizations to reach their peak. She runs TAG with acclaimed coach [Karen Kodzik](#).



Margaret is a licensed Insights Deeper Discovery practitioner. She guides individuals undergoing a transition through her program, [Intentional Discovery](#), co-founded with [Dr. Jean Davidson](#) (Davidson Consulting and Coaching).

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