



It's time for positive

# CHANGE

[Sign up for the UXL newsletter](#) for monthly tips, insights, and practical career advice. No spam, ever.



## **The Three-Part Challenge (Reflections and Lessons from Poland)**

September, 2016



From July 19<sup>th</sup> through August 3<sup>rd</sup>, I spent time volunteering in Poland with a group of 50 students and chaperones from Stillwater and Lakeville, MN for [World Youth Day](#). World Youth Day (WYD) is a global spiritual event that takes place every three years and is a gathering of like-minded youth who value service, love, and faith. This year, the event took place in Krakow, Poland.

Although the people of Poland were incredible hosts, welcoming us with open arms and warm words, the trip was challenging in many ways. That is, of course, the nature of a pilgrimage—it is a chance to grow as a person and stretch yourself in ways that you didn't think were possible. During this trip, my personal growth was three-fold: Emotional, Physical, and Spiritual.

## **Emotional:**

When you're surrounded by 2 million other people—all walking together, laughing together, encouraging each other, eating together—you can't help but be moved. The amazing harmony I felt with both my group and utter strangers was a powerful experience I'll never forget. People looked out for each other, offered a helping hand when needed, carried others' backpacks, and offered kind words.

One of the emotional pinnacles of my trip was listening to the speeches by Cardinal Dolan of New York and several other well-respected clergy. Their messages of hope, love, and resilience left me speechless and, as I looked around me, I saw that many of the youth were visibly touched as well. So often, people are critical of the younger generations, saying that they are self-centered with short attention spans and no dedication. What I witnessed in Poland reinforced my belief that these accusations are overblown. Our future is in good hands with these caring, altruistic youth.



## **Physical:**

Poland has an amazing public transit system—and I am certain they brought in every bus from the around the country to fill any gaps of their tram—but still we walked, and walked, and walked. Some days, my group trekked close to 20 miles in order to participate in events, visit a shrine, do service projects, attend mass, etc. We were fortunate that the weather was beautiful, sunny, and warm (at times a little too hot).

When it did rain we welcomed the cooling water on our hot skin.

The culmination of WYD is a pilgrimage to see Pope Francis speak at the opening ceremony and vigil. Of course, it wouldn't be a pilgrimage if we didn't have to walk! We covered 10 miles with millions of other people; the crowd was so thick that we moved only inches at a time. And, it was hot. Really hot.



We carried all that we needed for our 24 hour stay-- food, bedding, etc.-- in our back packs. It's been awhile since I slept on the ground in a field but, honestly, it was the best night of sleep I got the entire trip.

Again, the Polish people proved to be great planners

and have our best interest in mind. They provided plenty of water, first aid stations, and restroom areas (I'm sure every porta-potty in Europe was in Poland that week!).

## Spiritual:

My time in Poland was a time for spiritual growth. Sometimes, we get caught up in the day-to-day and let the true essence of our being slip. This trip was a time to reclaim that side of me as I was consistently surrounded by beautiful churches, shrines of saints, the reverence of the Polish people, daily mass, and millions of people praying together, singing together, and demonstrating their love for each other and their faith.

The impact of all these elements was profound. I felt the beauty of togetherness and the reassurance that people throughout the world—no matter their cultural background or politics—can come together peacefully and uplift one another. I left feeling a sense of renewal and gratitude.

## How About You?

Some of the happiest people I know are the ones that continue to learn, grow, and challenge themselves in new ways. As the saying goes, "If you rest, you rust." How will you commit to stretching yourself this year? How will you step outside your comfort zone and see what awaits you out there? You never know what you might find—new friends, new skills, renewed energy,



a brand new set of stories. I encourage you to push the boundaries of your emotional, physical, and spiritual comfort. An amazing transformation might be waiting for you.

Sincerely,

Margaret

Need help with some goal-setting and strategy? Please [contact me](#).

## Coming Up...

Dr. Jean Davidson and I have several [Insights Deeper Discovery](#) workshops coming up in 2016. **The next one is on October 13th.** Make personal and career breakthroughs, navigate transition periods, and explore your individual self-worth (or team dynamics) with Insights Deeper Discovery. [Register Today!](#)



## From the UXL Blog...



### Networking Jitters? Try my 5-point guide!

For some people, networking feels like shallow interactions that barely mask the attitude of “what can you do for me?” This does NOT need to be the case.

[READ ON!](#)



### Good Habit, Bad Habit

A habit, whether good or bad, is comfortable. It's part of the fabric of your life. How can you swap out your bad habits for good ones?

[READ ON!](#)



### Change Your Thinking; Change Your Life

Learn about the "Happiness Advantage" from psychologist Shawn Achor and find out how to apply it to YOUR life.

[READ ON!](#)

## Make "YOU" a priority.

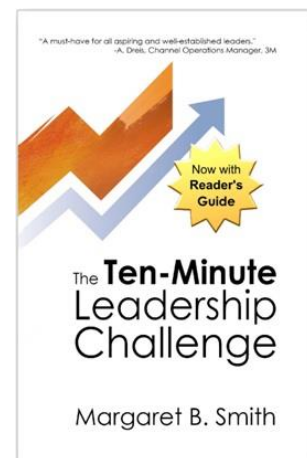
Invest in yourself and your personal path with [Insights Deeper Discovery](#). Learn more about this transformational workshop on the [Intentional Discovery website](#). Reminder: **Our next workshop is on October 13th. [Register Today!](#)**



**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?**

[Click for more information on the Ten-Minute Leadership Challenge](#)





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).

[Visit Our Website](#) | [Visit Our Blog](#) | [Forward to a Friend](#)

Copyright © Margaret Smith  
UXL: Creating Successful Leaders  
All rights reserved.  
**Our mailing address is:**  
721 North Third Street  
Stillwater, MN 5082

[margaret@youexcelnow.com](mailto:margaret@youexcelnow.com)  
[mbsmith721@gmail.com](mailto:mbsmith721@gmail.com)  
[www.youexcelnow.com](http://www.youexcelnow.com)

[unsubscribe from this list](#) | [update subscription preferences](#)

## Thank You For Reading!

Please enjoy a **FREE 1/2 hour consultation** with Margaret Smith



**To Redeem:** Email Margaret at [margaret@youexcelnow.com](mailto:margaret@youexcelnow.com) and mention this offer.

Date of actual consultation subject to availability.