

DAY 21: PATIENCE

As a leader, we are called to patience. We can all imagine times when a situation before us was frustrating and discouraging through no fault or contribution of our own. Essentially, as we have no control over the situation, we cannot determine an outcome. We can, however, control our behavior and choose to be patient toward the situation. In their popular book, "FISH! Catch the Energy and Release the Potential," Stephen C. Lundin PhD, Harry Paul and John Christensen outline some key contributors to the successful business Pike Place Fish. The concept of Choose Your Attitude is one of the four contributors to the success of Pike Place Fish. The Fish Mongers of Pike Place Fish don't get to choose the work they do or the way that others treat them, but they choose to be positive and persevere no matter the situation. They choose patience with their situation, be it out of their control, and enjoy a fun and successful working environment as a result.

Many of us are faced with individuals on a daily basis that may suck the energy right out of us – even just to think of them! We can choose our attitude and decide that while the person may not be someone near and dear to us, they, as an individual and a human deserve to be treated with dignity. Patience means that when we look at others we should treat them the way we want to be treated, or, in essence, practice the Golden Rule. If you want others to be patient with you, you will extend patience to them, even when it is hard, hurtful or annoying. We teach others how to treat us based upon the way we treat them. By exhibiting patience with others, we are serving others. That is not to say it is easy. It is hard. But it's the hard that makes it good.

WE DARE YOU TO...

Choose to have a positive attitude today. When you are annoyed or frustrated or bored, choose to find the positive. Choose to be upbeat, patient, and kind.

*"Most folks are about as happy as they make up their minds to be."
- Abraham Lincoln*





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