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Monday, February 16, 2015

Hello reader, here is our newsletter for this month.



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Why are we so uncomfortable when we are frustrated? It seems it is a state that we want to escape as soon as possible. That's actually too bad, because being frustrated is exactly what gets you to change what you are unhappy about.

I have heard all my life, god you are never happy, why can't you just appreciate what you have! Well, being frustrated and dissatisfied with my situation is what made me grow and improve. It is what brought me from being a poor French Canadian girl who did not speak English to Vice President of an international IT company to being president of my own firm. I would never be where I am today, if I had "settled" for my situation.

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Don't get me wrong, if you are happy with your situation, no matter what it is, then good for you. There are times when I would have loved to sit still and just enjoy. However, it just did not seem to match my nature. Doing nothing was never an option because it would eat me up inside. Taking action was the only way. And in retrospect, I am happy about that because it brought me an amazing life. Yes, it is not so relaxing and it's full of challenges but the rewards are great.

So the first thing you need to do is change your perception that being frustrated or dissatisfied is a bad thing. Whether you are frustrated with your health, job or relationships, being frustrated is just life's way of telling you, you can do better, you can be so much more. Now the choice is yours if you want to act on it or not.



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If you chose to act on it, then it follows the basic organizational structure of creating a plan and then taking action. Now you need to know that making the plan and creating a strategy is the easiest part because you are full of drive and passion about it. The tough part is to stick to plan for months and months, after the passion has died down. If you need help with that, I would suggest a great book called The 4 Disciplines of Execution.

## How to successfully execute your plan:

- Don't have 10 goals but just 1 or 2 and stick to them until they are

accomplished; Wildly Important goals (WIGS).

- Create a winning lead measure. Look at losing weight for example. We focus on the number on the scale (Lag measure) but by the time we hit the scale, it's too late to do anything about it! So in order to WIN, create attainable Lead Measures: reduce calorie intake and work out for example. Every day you can tell if you won if you were successful at reducing calories and if you worked out.

- Create a compelling scoreboard that you will share with important people. If you have to give someone a status of your progress, you are more likely to stick to it.

- Create a cadence of accountability. Enter this challenge with one or more people and every week, answer to each other of your progress.

Those 4 disciplines are proven, tried and successful. At FranklinCovey, we teach these techniques to Fortune 100 companies and the success has been amazing.

So if you are frustrated, instead of feeling depressed, get excited and get cracking!

*Have a great month!*

Sophie



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Web Site: [www.helperetoday.com](http://www.helperetoday.com)

Book: in [Paperback](#) or [Kindle](#)

*"When we can no longer change a situation, we are challenged to change ourselves".*

VIKTOR FRANKL