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THE INSIDE CONNECTION: Keeping you focused on what's most important.

A free newsletter from Kesslin Associates  
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1) Welcome

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Thank you for joining us to explore The Inside Connection. It's the initial, and also the final, frontier for all of us seeking lasting success in our work and in our lives. If you enjoy our e-zine, please forward it to colleagues, friends and family who might benefit.

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2) Inside The Inside Connection

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Most of us focus our attention on creating results in the external world; the world of material things. We want more income, a larger home, a successful business, a fabulous relationship, and so on. That's all well and good, perhaps even necessary for our sense of personal satisfaction and success.

What we tend to ignore and avoid is the internal work of examining and changing who we are, which prevents us from creating the lasting success that most of us want. What's most interesting is that the world responds much more readily to WHO we are rather than to WHAT we are trying to do. And, as we change ourselves, the world around us responds to that change. As we become more successful internally, we become more successful externally too.

In the context of personal action, Gandhi said it best:

"You must be the change you wish to see in the world."

If we focus exclusively on the external world, we run the risk of accumulating external rewards trying to satisfy some insatiable internal hunger. Unhappy millionaires exist in far greater numbers than most of us want to believe. What's the use of having lots of stuff, if you're continually driven by a fear of failure or personal inadequacy? All the money in the world won't change who you are. At best it'll change how people see you. If that's all you want, fine. But there's so much more to having a truly rich and satisfying life.

But you probably already know some of this or you wouldn't be here reading. Right?

So how do you really change and develop the important connections you need in order to live a fabulous life? How do you change your connection with yourself? Your connection with those you love? How do you stay connected with your own true values? And how do you strengthen the vital connections with your body, your energy, your health, your spirit, your passion and your joy?

Helping you discover ways to maintain these vital life and success connections is what we'll be doing together in The Inside Connection. Over the coming months we'll explore a wide range of topics that will call upon you to connect with the most important aspects of who you are and what you truly want to be doing with your life.

I'm thrilled that you're joining me on this journey. Now fasten your seatbelts and enjoy the ride!

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3) Feature: Individual Action and World Events  
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About six years ago I decided to stop reading the newspaper and stop listening to TV news. Part of it was my desire not to feed my brain so much negativity. Another part was an attempt to break my addiction to "needing to know" about everything in order to feel safer and more secure.

The recent terrorist attacks and related world events have attracted me back to a more regular diet of news stories. I know

part of it is still my way to try and feel secure. My reasoning goes something like this: The more I know, the more information I'll have to protect myself, the safer I'll be in the event that I'm faced with ...

But somewhere past my fear and insecurity, I know that the only thing that will bring me, and those I love, more real security, is action taken to change things. Taking individual action that will impact the world.

When fear becomes the result of all the news, then reading the paper and spending time trying to figure out what's happening does little to create a safer, more humane world. If anything, it seems to generate even more fear which leads to extremes of destructive reactivity or immobility.

In talking with others, after the grief of what we've all lost, the feelings that seem most painful are helplessness and hopelessness. A sense that there is nothing we can do that will make a difference.

Margaret Mead said, "A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has."

Let's take her idea one step further. If Chaos Theory and the Butterfly Effect are correct in proposing that the flap of a butterfly's wings affects weather patterns globally, then ANY action we take would surely impact world events. Even if we're the only one who takes action. This includes both constructive as well as destructive actions.

Questions for self-reflection:

- What kind of world am I creating inside myself? Am I peaceful? Fearful? Loving? Angry? Hopeful? Disillusioned?
  - How does my internal world impact life around me?
- Am I fully aware of my personal power?
- Do my actions reflect my deepest values and desires?
  - If I don't feel like I can make a difference, what's really stopping me?
  - What thoughts, feelings, or events stop me from taking action, even when I believe it would be helpful?

Perhaps one of the factors inhibiting human development is our reluctance to look inward and realize the power and impact that our personal actions have on the world. What if we became Margaret Mead's "small group of thoughtful people" and decided to change the world? Are you up for it?

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4) Action Tip  
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Spend some time checking in with yourself over the next few weeks paying special attention to your internal world. Take this Inside Connection Checkup a few times each day:

- What are you doing at this moment?
- What's happening around you?
- What are you thinking about?
- How's your energy level?
- Your stress level?
- What are you feeling? Emotionally? Physically? Spiritually?

Record whatever you become aware of and start to notice how your Inside Connection is reflected in the world around you. You may be surprised at what you discover.

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5) Related Resources  
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Article: Do You Have the Will to Lead?

Philosopher Peter Koestenbaum poses the truly big questions: How do we act when risks seem overwhelming? What does it mean to be a successful human being?

<http://www.fastcompany.com/online/32/koestenbaum.html>

Article: Growing the Leader in Us

"Leadership is a verb, not a noun" begins this excerpt on leadership from Jim Clemmer.

[http://www.clemmer-group.com/excerpts/growing\\_leader.shtml](http://www.clemmer-group.com/excerpts/growing_leader.shtml)

Book: *Leadership from the Inside Out* by Kevin Cashman

<http://www.amazon.com/exec/obidos/ASIN/1890009318/kesslinassociate>

Book: *The Other 90%: How to Unlock Your Vast Untapped Potential for Leadership and Life* by Robert K. Cooper

<http://www.amazon.com/exec/obidos/ASIN/0812932870/kesslinassociate>

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THE INSIDE CONNECTION is a free monthly publication from Kesslin Associates designed to help you stay focused on what's most important for lasting success. Most of our readers are passionate

leaders who understand that they must BE the change they want to see in the world.

Kesslin Associates is a success coaching and training company dedicated to helping you become an extraordinarily effective leader. We help you strengthen your inside connection to values, passion, vision, and soul--so you can deliver extraordinary results with far less effort. For lasting success, we also work with you to discover how you, your work, and the rest of your life can support each other, rather than cause conflict. For more information about our work, visit our website at <http://www.kesslin.com>

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