

# LEAP!

to thinking differently

## “I Choose Not to Participate in this Recession.”

Take a stand and say it clearly to everyone you meet. Challenge all those who through no fault of their own have bought into the negative stories we hear everyday.

Sorry, but I choose not to participate in opinion, hearsay, and conjecture about the future. All I can do is focus on right here and right now.

When you choose not to participate you'll be free to get on with life and business. All the weight will lift and energy will return to serve yourself and others at the highest level.

To not participate is not to ignore, deny or put your head in the sand. **NO**, it means that you let go of the emotional pull that goes along with participation. You no longer “buy into” or have a vested interest in going along with the so-called wisdom of the chatter.

Ok, it would be easy to conclude that I am asking you to put on a show of positive airs. Nope, people see right through that insincerity. Rather sit for a moment and ask yourself if participating actually serves you and others around you. **Then simply choose.**

### How to Not Participate:

- **KNOW** this is just an event that has occurred in the past, is occurring right now and will occur again - this too shall pass.
- **RESPOND** strategically to what is occurring to you and not what is happening around you.
- **RECOGNIZE** you are **not** dealing with the real issues when making decisions and taking action through emotions like fear, doubt, and anger.
- **CHALLENGE** others who are slipping into recession talk. Look them straight in the eye and tell them you choose not to participate in this recession and see what happens. It may be exactly what they need to hear and what they have been waiting for someone to say. I find it contagious.
- **ACKNOWLEDGE** or **APPRECIATE** how well your life is actually going.
- **AVOID** talking about the economy unless it is a strategic response to an event.
- **ACT** clearly and decisively to the facts - when you hear someone “making stuff up” challenge them.
- **LEARN** to distinguish between decisions made through social pressures and interpretations perceived as “reasoned” and true well thought out strategic responses to what is actually occurring to you.

## “I Choose Not to Participate in this Recession.” Pass it on.

- Jonathan Creaghan

Providing Solutions for the Human Side of Business