

HOW DO YOU HANDLE DISTRESSING MOMENTS?

When one is confronted with varying forms of incidents that all seem to show up at about the same time, the personality of the person determines their response to such occurrences. Some let out a scream, others take it out on their close relationships, and some may even cry privately. I remember a time when I felt that I should just let out a “good” cry. No matter what status you may have attained in life, you are not entirely immune from such emotions. How then do people keep their progress with sanity? In my case, it is not necessarily the accomplishments, which can be a moment’s celebration, but the sense and living a life of HOPE. This aids one’s continued progress towards a desired position in life.

In the book, ‘Keeping Faith – the making of an *icon*’ (an inspirational and authorised biography of Pat Utomi, written by me and released in February 2010), I identified how Pat (referred to as the icon, in the book) demonstrated what it means to live in hope. Below is an excerpt from the book, which relates to this topic, under the *Iconic Principles* (an exposition of lessons that could be learnt from each related chapter):

“Hope never uses the past or the present to establish a decision for the future. It however paints a picture of the ideal for the future and focuses a lot of mental energy on this picture. This is why the bible says that “hope can never disappoint”. This is what you mix belief and your energy with, for the realisation of your desires. Hope gives one the energy to carry on, because of the picture that you see, which others have not seen.

When a person acts in hope, though he may sometimes feel discouraged or dissuaded because of the pressure of the present circumstances, his perspective and drive towards the future is not altered. He recalls the seemingly impossible obstacles that he had been able to overcome in the past. It is always good to recall some of the notches received in the past as these have a way of sending an inspiration towards the future attainment.

The *icon* knows this and continues to practise it. Having been at the point of seeming *crucifixion*, he cannot possibly recoil from being who he really is. He has formed various groups that are

directed towards making a difference in the political, social and economic progress of Nigeria. He tirelessly meets with people of like minds, not just to talk, but to take strategic action.”

Do you know what you HOPE for? If not, why don't you start by making concrete wishes as highlighted in the March 2010 free newsletter?

PS - The book, 'Keeping Faith – the making of an *icon*' (an inspirational biography of Pat Utomi) will be available online within the next few weeks. Comments such as, “it is a very easy read; a breath of fresh air; an enjoyable read” are common ones that people have said to me. To get a copy of the book in Nigeria, visit most main bookshops or simply call +234 802 301 1154.

Without action, there will be no results. What we achieve is very much linked to the actions we undertake. Having written Dream and Achieve, I realised that many have indeed nodded their heads, as their approval to some of the suggested action steps. In translating these nods to definite action steps that produce results, I have conducted Dream and Achieve Workshops, which from what I have had as feedback, has enabled people to achieve results. These have certainly gladdened my heart.

My desire this year is to see many more embark on action steps that produce desirable results. I am grateful for the various feedbacks and comments that I have received often as a result of the free monthly newsletters. To make my follow up to these comments more efficient and for the benefit of the thousands that receive these newsletters, I have begun a blog which will generate discussion and hopefully lead to action that will produce results. Go now to www.dreamandachievethebook.wordpress.com and/or www.getkola-dreamandachieve.blogspot.com to contribute and learn from the community of achievers that we are creating.

These discussions, though will have examples, is expected to help you identify with the topics and take relevant steps that produce results.

So let us talk about how you respond to criticisms, whether or not they are true, at www.dreamandachievethebook.wordpress.com and/or www.getkola-dreamandachieve.blogspot.com.

See <http://www.getkola.org/event.html> for some media comments on my book 'Dream and Achieve'. Order your copy online today from <http://www.trafford.com/08-0066> or from www.amazon.com or www.amazon.co.uk (for worldwide delivery). The book is also available as an **e-book** via <http://www.trafford.com/08-0066> as well as being carried by most bookshops around the world! The audio book is available as a download at www.annexemusic.com - select 'Dream and Achieve' from the 'Artists' dropdown menu.

Kola Olutimehin BSc FCCA, is the author of 'Dream and Achieve'. An *Information Tycoon*, (who is an internationally acclaimed Inspirational Speaker and Publisher), Business Consultant, Investor and Chartered Certified Accountant, Kola conducts 'Dream and Achieve' seminars and various conferences in addition to bespoke workshops to organisations and individuals.

Reach Kola via www.getkola.com or send an email to info@getkola.com.

To obtain a copy of 'Dream and Achieve, go to <http://www.trafford.com/08-0066> ; www.amazon.com or www.amazon.co.uk.

For previous issues of Kola's newsletters and more information, visit <http://www.getkola.org/resources.html#top> or send a request email to info@getkola.com.

You may forward these newsletters to family, friends and colleagues, who may also sign up to receive these free newsletters directly, by registering their email addresses at <http://www.getkola.org/mylist/?p=subscribe>.