

getKOLA Newsletter – January 2010

HOW DO YOU RESPOND TO CRITICISM?

Many take offence when they are called rude names by strangers or even family members, and they get themselves all worked up as they resist the person. Growing up in Nigeria, I recall that if someone spread out their five fingers at you with the fore of their palm, it was a rude gesture that the other person would sometimes reciprocate! In the UK, it is usually the sticking out of the middle finger, raised up at another person. These were rude remarks and people would fight against it - I have often wondered why people chose to wear "hats that they know do not fit".

What is my reaction to being called names? I remember many years ago that someone once said "Kola, you have a problem of not completing the things you start." I smiled when he said this, because he did not understand me! At the time, I had just withdrawn from pursuing a particular direction as I had discovered that it had already played its part along my path. You need to know and be clear of what your life's purpose is. This will determine, to a great extent, the action steps that you will withdraw because they had expired or were just the wrong ones anyway, or those that you should take because they take you towards destiny.

Do you know your purpose? If you do, are you doing anything in line with it? Do you know why you do the things that you do? I invite you to join me in the blogs www.dreamandachievethebook.wordpress.com and/or www.getkola-dreamandachieve.blogspot.com in order to review these thoughts?

Regardless of what names people call you or what criticisms are levelled against you, you must be confident in your own life's call and purpose.

Are you convinced of who you are?

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.

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