

## The Power of Perspective by Helen Macdonald

Have you ever had a day when you felt like you were sinking under the weight of a million little burdens? Everything is conspiring against you so that even getting the simplest job done seems impossible? At times like this, it's easy to blow things out of perspective, and to start feeling like you'll never get your head above water again!

We learned the importance of perspective on a trip to India some years ago. Before we left, we were confident that we had seen it all. We were not unfamiliar with the challenges of travelling in Asia, and we had seen all kinds of sights.

India has a way of showing visitors that they should be grateful for what they have. That certainly applied to us. Coming from a western environment, we expect that we will have fresh food and water; a roof over our head and a safe place to live.

Seeing whole families living in the major cities of Mumbai (Bombay) and Delhi, with the roof over their head being a hessian sack tied to a wall made us realise just how much we take for granted. These people would see our home environment as a version of paradise - constant clean water; electric light; a multi-burner gas stove.

All of a sudden, our minor concerns seem ridiculous and excessive. Just being born in a country where the air and water is clean and food plentiful, means that we have effectively won the lottery. Everything else is a bonus! How easy it then is to find reasons to be happy, when basic survival is a given.

Another example from India is the attitude to traffic. Next time you are sitting in a traffic jam, moaning about the behaviour of other drivers and worrying about being late for your next appointment, just be glad that you are not driving in India. Indian drivers never let their petrol tanks get below one quarter full, because they can be caught in traffic for two hours, and it is easy to run out of fuel while you are in the middle of a traffic jam that covers multiple city blocks.

Interestingly though, the Indian drivers do not experience road rage. Everybody pays their taxes, so they have the same rights as me to use the road. Therefore, there's no point in getting angry with other drivers. So, while we often saw manoeuvres that in Australia would result in torrents of abuse, in India the drivers just adjusted.

So next time things are getting a little out of control, take a deep breath and, just for a moment, focus on all the good things that are in your life. Ask yourself "what's the worst that could happen?" and see if that helps you find a better way of looking at the situation - a way of accessing the power of perspective.

*Helen Macdonald gets maximum results for her clients through happy, productive employees and satisfied, loyal customers. As a speaker, author and master facilitator, she has worked with companies large and small throughout the Asia Pacific region. This is an extract from her first book, "SM.I.L.E. your way to Success!". Her message is that happiness is a magnet which will help you attract more of what you want - more customers; profit and success - in your business and your life! For more information, call 03 9533 4568 or visit [www.helenmacdonald.com](http://www.helenmacdonald.com).*