

## DO WHAT'S RIGHT FOR YOU

By Siobhan Murphy, MCC

"Selfishness is the action of investing in ones' soul, spirit, needs, personal foundation, life." Thomas J. Leonard.

IF YOU DO WHAT'S RIGHT FOR YOU, IT'S ALWAYS RIGHT FOR THE OTHER PEOPLE INVOLVED.

When I first heard this idea, I was pretty skeptical. After all, I had been taught since I was a little girl to put other people's needs ahead of or at least on the same plane as my own. Wouldn't it be selfish to put myself first? It seemed to go against very ingrained beliefs.

I was challenged to try it. What's the worst that could happen if I tried it? So what if I was thought less than virtuous! So I started to apply this idea on an experimental basis. And here's what I found:

Situation: I've come home from a business trip and I'm wiped out. But I have client calls the next day. Should I drag myself into the office and "be there" for my clients? Or, should I stay home and take care of myself.

Well, I stayed home and called my clients to reschedule. I got some much-needed rest and returned to work the next day refreshed. So, how is that good for the other person? Well, as it turned out, new events in my clients' lives occurred that they wanted to bring to the coaching call! If the call had occurred on the originally scheduled day, they would have missed out on some coaching on a new opportunity that came up in the meantime. So, it WAS better for them that the call was re-scheduled in ways that neither of us could have foreseen in advance!

Coach's Challenge: Try out this idea as an experiment. The next time you are faced with a choice of doing what's right for you or doing what's right for someone else, trust this principle. Do what's right for you and see how well it works out for the other person.

And let me know what you find out!

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