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The "Different Perspectives" Newsletter

It can be fun to step back and look at the world from a different angle. Here, we step back and look at commonly used words in business and life, ask a provocative question, and see what others are doing differently by applying a different lens on life. I hope you enjoy "Different Perspectives" and that you begin to step back when needed and observing what else is possible. If you like this newsletter, **please share it** with your friends, co-workers, bosses, colleagues, everyone! And please note, just like in life, we can always get better so forgive any grammatical errors or typos.

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November 4, 2024

Word Choices

"Great" - adj: /greyt/ Def = highly significant or consequential, exceptionally outstanding

"Better" - adj: /bet-er/ Def = of superior quality or excellence, larger, greater

You may have heard this word a lot lately as part of a campaign slogan. Note - this

is not a political viewpoint, just a curious one. No stances will be taken in terms of politics. "Great" and "Better" in terms of the political slogan always made me curious to ask a question "Great" or "Better" compared to what? Isn't that a personal viewpoint? Is that viewpoint agreed upon by all? Seems kind of vague and undefined if you ask me.

When I ran my business in physical therapy, patients always came in and wanted to get "better". In this case, it is easy to assume what they meant - less pain, more mobility, more strength. But, even here, you can see where assumptions by a PT can go wrong. What if for the patient "Better" meant to run a marathon or to be able to life their kids? To the therapist who assumes "Better" means less pain, there can be a disconnect. When someone uses the words "Better or Great", ask a clarifying question like one below.

Also, I used to see our PT's come in, especially the new graduates, and they would say, I just want to be a "Great PT". Awesome!! That is exciting! What does that mean to be a "Great PT"? Compared to what?

As a leader, or maybe even if you are thinking this about yourself, when you want to grow and be a great leader or to be great at something, I encourage you to pause and ask some clarifying questions - "What does that mean to me (or them)?" "What does that look like when you are actually GREAT or BETTER?"

Our temptation is to give a quick answer to ourselves or someone. Pause. Take a moment. Think, clarify, ponder, and then answer.

Question of the Week

When considering the idea of "Better" or "Great", noodle on these questions:

1. What does being "Better" or "Great" mean to me?
2. How will I know when I have arrived at being "Better" or "Great"? And most importantly to ask...

3. What will it mean to me to be "Better" or "Great"?

Lessons from the Camino

I recently completed a 500-mile walk on the Camino de Santiago and during the 38-day journey, I had the rare and wonderful opportunity to ponder a lot about life, work, myself and what was next. They say what you put out there, the Camino provides. I hope to share some insights about what the Camino provided for me.

In terms of the theme of today about being "Great" or "Better", this was loosely one of the goals of doing this spiritual journey alone - to figure out what I wanted and how to be "Better" in life.

What I realized was this, no matter what the day was like - sunny, rainy, windy - it could have always been better or worse and at the same time, it could also be the best day at the same time. It was all a matter of how I looked at the day, the stage, the weather, the journey, anything.

I remember one beautiful day in particular - warm (mid-70 degree weather), big puffy clouds in the sky, minimal wind, beautiful views and surroundings - and thinking, "how can it get any better than this?!?" Well, the next day involved some climbing where I was greeted with the most exquisite views, bumping into a new and wonderful fellow pilgrim that offered a fresh perspective on the journey, and also the best cafe Americano I have ever had.

Conclusion - where we are is where we are. The next day, the next turn, the next meeting, the next employee can be even better than before if we set our minds right. We have the ability to appreciate the moment for what it is and while any thing or place or time can improve or get worse, today is perfect just as it is, that is, if you can lean into the moment and appreciate it.

What's next?

If you found this brief content interesting and causes you to pause and think, fantastic! **Mission accomplished!**

Let me know what you thought by emailing me at steve@stevethompsoncoaching.com

If found yourself doubting this content, good, there may be a discussion to be had.

My purpose in life is to help people and businesses grow and be exceptional so maybe some coaching might be helpful. If you want to talk, [click here](#) to check out my website or to fill out a [contact form](#).



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