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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.

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December 23, 2024

Word Choices

Holiday /hol-i-dey/, noun. Def - a day fixed by law or custom on which ordinary business is suspended in commemoration of some event or in honor of some person.

Given that we are in the thick of the holidays and nearing the end of the year, I thought it might be appropriate to ponder the word "holiday". To many, it can be a joyful time getting together with family and friends. To others, it can be felt like being stuck in a rat race to get all of the gifts on time, to race around from place to place, and possibly like a blip on the radar to have a nice dinner and then back to

work!

I was struck by the words in the definition "on which ordinary business is suspended..." and found myself realizing that I had forgotten how to do that one thing when running my own business - stop. I was afraid to stop for fear of getting behind, fear of missing something, or worried that there were only so many days left in the year to hit our targets. Pathetic thinking, really, but I am getting the sense this is becoming more of the norm for many business owners. Hence the Different Perspective nudge.

I challenge everyone to read this definition over and over until it really hits home. I encourage you to consider what stopping means to you. I plead for you to slow down, pause, reflect, and honor yourself and your hard work that you have put in your business or your career, noting that it took hard work to get to where you are. If you read Genesis in the bible, even God rested on the 7th day. Just saying.

Question of the Week

When was the last time you stopped, meaning fully stopped and disengaged in your life, career, or business and appreciated what is around you right now?

When will you take that time for yourself?

Lessons from the Camino

While trekking across Spain on the Camino Frances, I was struck by how many celebrations, festivals, and parties I would encounter. I found myself at first thinking, do they ever do any work? As our driver drove us from Pamplona to St. Jean Pied de Port where we were supposed to start, he talked about the Spanish lifestyle of fiestas. I remember his comment well. "it's Wednesday, we celebrate. It's

lifestyle of fiestas. I remember his comment well, "It's Wednesday, we celebrate. It's Friday, we celebrate. Every day, we celebrate."

Some of these celebrations were magical to watch, curious to understand what the symbols and costumes all represented, and frustrated at the 15 minute long firework show that started at midnight when you are trying to sleep!! Regardless, maybe there is a lesson that can be taken from the wonderful Spaniards - celebrate and celebrate often. Create your holiday and take time to slow down, even stop to engage each other.

The Siesta is a pretty good idea if you ask me.

Did You Know?

In the US, there are 6 paid holidays.

In Spain, depending on the region you are in, there are up to 15 paid holidays.

In the US, the Bureau of Labor and Statistics states that the average employee has 5-10 paid days off due to holidays and paid time off. In Spain, they have up to 30 paid days off.

Something is not right here.



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