

Playing with Life

What Happens When They Say Yes?

July 14, 2008

Our Lives

We attended Vickie and Steven's wedding this weekend in Livingston Manor, NY. I've known Vickie since before she was born; her father is my 2nd oldest friend. Sherman teaches me about love. His wife, Linda, has had Alzheimer's and has had it for over 20 years. She is, at best, a shell of her former self. Sherman has transformed himself from a totally dependent man to a totally responsible man. I've watched and even participated in his ongoing transformation. The only stable point in his life is his love of Linda. He is an inspiration.

Coaching Tip

Many people do not feel good about making requests, mostly they don't realize that people don't say 'no' to them; they say 'no' to the request. It is amazing that most of us don't get the distinction.

But let's talk about what happens when people say 'yes'? The part most of us don't get is that our job isn't over. You see, when someone says 'yes' we assume that our part is over; we asked; they answered with 'yes'. Sounds good; what now?

Well, how do we know that just because they said yes, the appropriate action will be taken? But they said 'yes.' I understand; aren't they human, like us? So they are prone to sometimes not fulfilling the request and not telling you in time to respond. Not that they will; not that they don't intend to comply. But sometimes...maybe... they might mess up.

So when someone accepts your request, you take on a commitment to be accountable for their compliance. This is where many of us, myself included, forget our part of the game. We have to follow up. And not nag.

You see, there is an entire game associated with requesting. When played well, it strengthens relationship between the two of you. When played poorly, it weakens, even destroys the relationship.

The Coach Recommends

I suggest you practice requesting and see what happens. Tell me what happened.

Requests lead to commitments. This week I'll pick the winners of my commitment contest; it's not too late to enter- it ends today: Simply send me, what are your commitments?

- **1st Prize** Free one month coaching
- **2nd Prize** Free 2 weeks coaching
- **3rd Prize** Free week's coaching
- **4th-7th Prize** Free session To Awesome Coaching

Useful Quotes

There are risks and costs to action. But they are far less than the long range risks of comfortable inaction.

John F. Kennedy

Education is what remains after one has forgotten everything he learned in school.

Albert Einstein

The human race is challenged more than ever before to demonstrate our mastery, not over nature but of ourselves

Rachel Carson

A person's character reaches town before the person does.

Danish Proverb

In between goals is a thing called life that has to be lived and enjoyed. –

Sid Caesar

Cherish your visions and your dreams as they are the children of your soul; the blue prints of your ultimate achievements.

Napoleon Hill