



THE GOLDEN EGG

Get a new story, and fire your critic



Did you know that you are an expert storyteller? We all are. Each of us has developed a story that explains life up to this point, narrates every day, and predicts future outcomes.

You are already familiar with some of your beliefs about yourself: "I have a great memory," or "impossible-to-solve puzzles are my specialty," or "I was never good at sports." Those who have dug a little deeper may have uncovered a story that goes something like, "I need attention and will do anything I have to to get it," or "I have to be the best at everything I do." Sometimes those messages help, and sometimes they hurt: "It has to be perfect."

These are our stories. And because they are stories, we can change them. In her book, "I'd

Rather Be In Charge," Charlotte Beers shows how she works with female executives to help them develop new, truer and more helpful stories of self. Often this is simply a positive twist on the old story.

Your inner critic may applaud for a while, but what happens when it goes back to enforcing the old story? In his book, "I Can Make You Confident," Dr. Paul McKenna advises finding the place in your head from which your inner critic speaks to you. Along with other groundbreaking ideas, McKenna invites readers to imagine an internal voice that is "totally confident" and put it in the place of the familiar, and probably more critical, voice. New story, new critic, new outcomes.

WORDLIFTING: WHO'S USING 'WHOSE'?

"Who's" is the *contraction* of "who is" and should only be used when it would be equally correct to say "who is."

"Whose" is the *possessive* form of who; as in "whose car is blocking the alley and where are the keys?"

Present Yourself!

My dad shares this saying from a former boss: "If you're early, you're on time; if you're on time, you're late; and if you're late, don't bother to show up." You probably already know that whatever the time-related habit, it is very difficult to break. For those who like to arrive early, getting there "in the nick of time" is anxiety-producing. For those who tend to be late, loved ones and co-workers bear the anxiety. For many people, that anxiety just may be the key. Who did the waiting when you were a child? Who was chronically early or late? Get to the bottom of that, and you'll be in the driver's seat.

-Jennifer Lader

