

'Thriving in a World of Confusion'

The past year brought a great deal of uncertainty and questions about the future. This coupled with the ongoing speed of change that has been thrust upon us, may leave us at times, feeling left behind or possibly wondering if we can keep up with the times.

For almost the past decade the acronym VUCA, which was developed by the U.S. military to describe a multipolar world, seems to continue to fit our present times:

- Volatility reflects the speed and turbulence of change.
- Uncertainty means that outcomes, even from familiar actions, are less predictable.
- Complexity indicates the vastness of interdependencies in globally connected economies and societies.
- Ambiguity conveys the multitude of options and potential outcomes resulting from them.

We thought an appropriate way to kick off 2017 would be to identify a 'prescription' of sorts, on how to maintain a mindset of positive possibility.

Daily Prescription Ingredients

1. Mindful Hope: (A mindset of Gratitude, Focus and a Reality of Hope)

BEING awake to your thoughts AND a belief that we can make the world a better place.

2. Meaning: (Purpose Centered)

Roman Philosopher Seneca - "There is no favourable wind for someone who does not know where they are going."

We need to be clear on 'what we truly value most'.

- What and where do we make a difference?
- How do we live (Our WHY & Passions)?
- Where are we going (Our Vision)?

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Psychiatrist Viktor Frankl's memoir has riveted generations of readers with its descriptions of life in Nazi death camps and its lessons for spiritual survival. Between 1942 and 1945 Frankl labored in four different camps, including Auschwitz, while his parents, brother, and pregnant wife perished. Based on his own experience and the experiences of others he treated later in his practice, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. Frankl's theory-known as logotherapy, from the Greek word logos ("meaning")-holds that our primary drive in life is not pleasure, as Freud maintained, but the discovery and pursuit of what we personally find meaningful. He saw three possible sources of meaning: in work (doing something significant), in love (caring for another person), and in summoning courage during difficult times.

At the time of Frankl's death in 1997, *Man's Search for Meaning* had sold more than 10 million copies in twenty-four languages. A 1991 reader survey for the Library of Congress that asked readers to name a "book that made a difference in your life" found *Man's Search for Meaning* among the ten most influential books in America.

3. Identity / Income / Influence: (Response able)

Be wise about your means!

1. Identity - Being responsible in our life roles and doing our best
2. Income - Utilizing our financial resources in a meaningful manner
3. Influence - 'What can I do?' – A perspective on the areas of our life that we do have an influence AND putting our time and mental consciousness in these areas

4. Agility: (Adapt able)

'Always keep our eye on the ball'

1. What's important?
2. What is coming at me?
3. What is the best move?

5. Social Connectivity: (Giving Back AND Collaboration)

A truth concerning our human condition is that 'we are interdependent'. That being the case, we gain significant personal meaning when we give to others. In addition, our best solutions and a true feeling of accomplishment comes from finding solutions together.

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Hopefully the above ingredients will serve as a reminder for you to build upon and thrive in times of inconsistency and disruption.

[Click for a diagram on 'Thriving in a World of Confusion'](#)

Finally, we thought you may be interested in reviewing one or more of our past Annual Messages.

To access click on the following:

-  [2016 – The Magic of Gratitude](#)
-  [2015 – Is Reality Working for You](#)
-  [2014 – Re-Inventing Yourself](#)
-  [2013 – A Twist in Perspective](#)
-  [2012 – A Focus on Significance](#)
-  [2011 – Connecting the Dots](#)
-  [2010 – Priceless Moments](#)
-  [2009 – Getting the Big Picture](#)

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