

Greetings!

Are you changing for the better? We hear the expression “change for the better” often, but what does it really mean? This brief semiannual inspirational message explores the meaning of this phrase.

I have seen momentous changes in myself and others in 2009. Some have been rejuvenating; some have been brutally difficult; yet all of them have been powerful. Here’s a sampling.

- My partner Jon and I moved to Korea, and we have both evolved personally and professionally. I finished a manuscript of my memoir (120 pages in MS Word!) and launched my blog, and Jon is really making a difference in the lives of his students. We are forever changed.
- My second nephew, Harrison Blake, was born on December 16. My sister, her husband, my first nephew Ryan, and our family are forever changed.
- A good friend died this year of ALS. His wife, my dear friend, is trying to move forward. She is forever changed.
- One of my oldest friends got married, and she and her husband share a very beautiful love. They are forever changed.
- A close friend from college separated from her husband. She is now exploring what’s next for her personally and professionally. She is forever changed.
- Three other close friends welcomed new sons into our world. This is the first child for all three of those friends. All three and their spouses are forever changed.

These changes are both positive and negative and may leave you wondering, “Have these people changed for the better?” I actually have no answer. I am reminded only of what I learned in Increasing Human Effectiveness ([www.edgelearning.com](http://www.edgelearning.com)), a seminar I used to facilitate while I worked at Delaware Investments – there is neither good nor bad; only thinking makes it so.

Here are some questions to help you think about changes you experienced in 2009 and get you ready for what lies ahead in 2010. If you’d like to read some inspirational stories about people who have helped change themselves, others, and the world, please visit Becoming – the Blog at <http://brianfishbone.typepad.com/becoming-the-blog/current-affairs/>.

**Questions for You:**

1. What changes did you experience last year? How have they made you stronger?
2. Which changes did you anticipate, and which didn’t you anticipate?
3. How did you cope with these changes? How did you learn and grow from them?
4. In 2009, did you change for the better? Why or why not?
5. In 2010 will you change for the better? Why or why not?

Please remember that you are opening a new decade in the coming year. That only happens once every 10 years – so be sure to make it count. Deal?

No matter where the coming decade takes you, I want to be part of your life. If your travels bring you to the Far East, please contact me about getting together. If not, please keep me connected to your story at this email address, via LinkedIn, or via my blog.

I wish you, your family, and your friends peace, balance, success, and happiness in the new year. You can expect the next semiannual inspirational message in May when Jon and I return from our April vacation to Cambodia, Malaysia, Indonesia, Singapore, and Western Australia. In the meantime, if you’d like to see some pictures from Korea, please visit

[http://www1.snapfish.com/thumbnailshare/AlbumID=2241765015/a=1590685\\_1590685/fromupload=true/imagecount=101/videocount=0/](http://www1.snapfish.com/thumbnailshare/AlbumID=2241765015/a=1590685_1590685/fromupload=true/imagecount=101/videocount=0/). You can begin with the Busan pictures and work your way back.

Regards from Seoul,

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PS – If you would like to forward my message to others, please feel free to do so. If they would like to be added to the distribution list, please have them email me at [BFish@aol.com](mailto:BFish@aol.com). And if you ever decide you'd like to be removed from the list, please email me at [BFish@aol.com](mailto:BFish@aol.com).