



Weekly Tip from Dr. Mark

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What You Get

The old Rolling Stones song goes something like this: You can't always get what you want ... but if you try sometimes you'll find you get what you need."

That's a tough message to hear, especially in our ego-driven world where we make the broad assumption that what we want is exactly what we need. Afterall, we're intelligent, thoughtful, and we make decisions carefully, right? Many times - even often times though - this is simply not the case!



Take a moment and reflect on an example or two of when you didn't get what you wanted but, in retrospect, it turned out to be exactly what you needed in that moment. Then, this week, look for opportunities to find the potential value in various situations where you may be struggling to accept what you got. Conversely, if you find yourself forcing the proverbial square peg in the round hole, consider ways that you can step back and accept what you might get by letting go.

Chances are you'll see that what you got presents you with a golden opportunity to move forward on your path!

Have a great week, and Enjoy the Journey!

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