



Transform Your Team – 28th May 2018

What is normal? NO = Next opportunity. FAIL = First Attempt in learning. END= Effort never dies

View from @PhilJBish

What is normal is the question I have been thinking about this week is – How do you move past the stress and exhaustion of our ordinary lives and into something more?



“- If you fail, never give up because F.A.I.L. means "first Attempt in Learning." - The end is not the end if fact E.N.D. means "Effort Never Dies." - If you get No as an answer, remember N.O. means "Next Opportunity." So, let's be positive. “Dr. A.P.J. Abdul Kalam

So, have we been trained to pursue ordinary with the goal to fit in? Using this definition of normal what is standard in the way we live with our money, our health, our relationship and our schedules.

So, with **finances** is it normal to be in debt worried about money and the fear factor is that we are regularly broke. With our **schedules**, it is normal to be overwhelmed and overworked stressed and burnt out. With our **jobs** is it normal to feel stuck in work just waiting for that next paycheque. Is it normal in our **relationship** to feel insecurity, betrayal, fear and then thinking we have no friends? If we have good emotional health are we aware of our thoughts, feelings, and behaviours. Some stress and problems are a regular part of life. Do you feel good about yourself and have healthy relationships?

We are always searching something better. We always talk about our busyness in our culture. I do realise we are all swamped and can hardly stop to take a breath, however, there must be more. It is the typical response to the question how you are doing, and we answer “busy.” Everyone is busy, but busyness does not equal importance, and in fact, busyness does not necessarily equal productivity.

As we go about this coming week start to think about and understand the significance of people in our midst and our lives. Let us try and make the best impression we can on the people we meet and that while we might be busy, we have time for everyone. We need to start enjoying the moment.

Don't settle for ordinary, become rich in your friendship, rich in your generosity enriching your life. Let us take these quotes and ponder on them and let's be positive and not normal as defined by our culture.

Never stop fighting until you arrive at your destined place - that is, the unique you. Have an aim in life, continuously acquire knowledge, work hard, and have the perseverance to realise the great life.
Dr. P. J. Abdul Kalam

Well Being & Pastoral Care

As your Sports Chaplain @ Glamorgan CCC, my role is to provide an impartial and confidential point of contact to talk about any matters you may be worried about on or off the field, offering pastoral support. This support is provided to all connected with Glamorgan CCC. Including players, coaches, staff, volunteers, and families.

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