

Learn the Lesson - Or Take the Course Again!

As a lifelong learner and teacher,
I am always fascinated with "THE LESSON".

Whether the lesson occurs from a global or national event -
or a personal situation that renders memorable outcomes,
I believe it is good advice to "look for the lesson".

"Looking for the Lesson"
involves asking yourself questions such as,

- 1. What were the factors leading up to this outcome?**
None of us live in test-tube isolation. Think! What led up to this event? We have been influenced by our family, our teachers, and our friends. We have seen inspiring events, as well as heartbreaking ones - personally, and globally. WE can "think"; WE can "evaluate". So we all have enough history and knowledge to seek-and-find answers of "what led up to this outcome?" It's important to do so!
- 2. What was the "bad"?.....And What was the "good" of the outcome?**
*Looking for the **WHOLE LESSON** can be challenging. When the outcome is positive and sweet, it's easier to affirm the wonderful lesson. However, when the outcome is bad, our tendency is to whine, complain, and blame...BUT a better response is to "look for the lesson". The results of natural disasters (fires, earthquakes, floods) are difficult to watch - and even more difficult to find lessons that we can "take-away". Man-made disasters (resulting from such things as greed, wars, selfishness) create angry feelings, and our emotional responses are, generally, very negative. However, there is **ALWAYS** a lesson. Learn from both the "good" **AND** the "bad" - for yourself, for your organization, for your family, for your country.*
- 3. What could I have done to create a different outcome for this negative event?**
*Is there any part of this event or situation that I could have changed? Sometimes we think **one day** or **one action** or **one idea** won't make any difference at all. But, in reality, almost every significant event is made up of many, many individual days of many, many separate choices. Ask yourself: "Could I have learned this lesson earlier in life? Could I have*

been more prepared? Could I have chosen your behavior more wisely? Could I have chosen your words more carefully?" If bad things happen to us, we don't want to miss the lesson. There's an old saying that holds true: "Miss the lesson...and you miss the learning!" Without personal growth, we all continue to endure the same negative event cycles.

4. **If I wanted to re-create this positive outcome, what would I do?**
Look for activities, thoughts, behaviors, and learnings that will help you re-create similar positive outcomes in the future. Sometimes, we stumble onto "good luck blindly". Well, that's just great! However, even when you "luck out", I still suggest that you DON'T LOSE THE LESSON! You can replicate good outcomes, only IF you learn what created them in the first place. Most of us work hard for things in our life that are positive and rewarding. My suggestion here, again, is: "Realize you have created these positive outcomes BECAUSE of the things that you are doing!" That's also learning the lesson. How sweet.
5. **Be grateful for what you've learned.**
*If you've learned a "tough lesson", be grateful that you've learned it. If you've learned a "pleasant lesson", be grateful that you've learned it. **That's right!** Without gratitude, you may be growing in knowledge, but you're not growing in spirit. Say to yourself, humbly, "I'm grateful to have learned that lesson." **And mean it!** People will never care how smart you (how much you've learned in life) if your learning has not brought you to a point of **gratitude for the lesson.***

You will have things happen TODAY that are "teaching moments".

You have a choice:

1. Receive them with a reckless or careless "*Oh, well....*"
- OR
2. Reflect on them, and ask yourself, "*What can I learn?*"

Tips for developing the habit of "learning lessons":

- *Take the "high road" when you come to a "fork-in-the-road" (think positively first).*
- *Prioritize relationships with people over your love for tasks or things.*
- *Realize that you don't (or can't) understand everything about a situation.*
- *Control your emotions.*
- *Fight to gain and preserve the good things.*
- *Fight to get rid of evil and detrimental things.*

**We don't all learn the SAME lessons.
We don't all go to the same school.**

**But, Sue, a HUGE LESSON that I've learned is:
*If we don't take the time to discover the lesson,
we may have to take "the course" all over again!***

**Don't waste precious time. Reflect.
Ask, "What is there to learn here?"
Keep growing. Keep learning.**

DON'T HAVE TO TAKE THE COURSE ("THE LESSON") AGAIN!