

Whooooo Are You?

It's hard to believe that the UK rock band 'The Who' formed in 1964.



Lead guitarist and songwriter Pete Townshend wrote songs that created 27 top 40 singles. Combining the talents of other band members and lead singer Roger Daltry, 'The Who' was inducted into the Rock & Roll Hall of Fame in 2001 - their first year of eligibility.

Highly honoured for their legendary creativity, they have kept their music current with their aging fan base for over four decades and sold nearly 100 million albums along their musical journey.

You may even be one of the tens of millions of people who watch *CSI: Crime Scene Investigation* each week around the world. Show producer Jerry Bruckheimer has used the song 'Who Are You' in every one of the opening show credits since the first episode aired on the 6th October, 2000.

The song's title does ask a profound question worth investigating and so I ask, 'Who Are You' and how did you get to be and arrive at being 'YOU'?

6 tips to get more out of 2012

1. Reflect - Review - Renew

What have you achieved personally and professionally that you are most proud of? Who has inspired you as a role model or as a mentor along your journey in life or business? Where have you travelled to that is beyond your neighbourhood or city that has offered a different perspective on other cultures or history?

2. Manage change and adaption

Psychologists suggest that any significant change in one of the following areas will cause undue stress to a person. Three or more issues at once can lead to depression or anxiety issues.

* Death of a family member, close friend or beloved pet * Moving home or city location * Job lose or career change * A serious health or medical issue involving a relative, friend or self. * A personal relationship change like separation, divorce or new marriage.

3. What professional skills have your learnt or accreditations have you gained?

A professional colleague in Singapore is a CPA and has completed an in depth Singapore Institute of Company Directors Program. She is now qualified to consult to private and public company boards. She has 'skilled up' and has already started working with clients who can justify her higher fees.

4. Limit community, church or social club contributions

The constant yet limited resource at our disposal is time. Factually, if we take 24 hours in a day and multiply that by 365 days/nights in a year, you will have 8760 hours to use. A 1% use is 88 hours or about two 40 hour work weeks for most employed people. Be very wise in using or giving away your most valuable commodity and asset.

5. Balance health, spouse, family, friends and work

Easier said than done you say? Consider outsourcing some of the 'things' on your list of to do's and gain new time and personal space each week in the year ahead.

6. What do you want to celebrate and enjoy in the year ahead?



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