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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
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In this month's Clear Thinking...

- 1: Top tips! Fitness motivation the easy way
- 2: Myth Buster: Your inner child is throwing a tantrum
- 3: Random Element: How to give negative feedback

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Hi

Do you have to manage, or work with other people? If so, you might enjoy this month's Random Element.

And the fitness motivation tip got a great reception in our print newsletter, so enjoy!

Best Wishes

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Uncommon Knowledge Ltd

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1: Fitness Motivation - create your own reward scheme

Do you use reward cards?

Most of us do these days, but have you ever thought about making your own?

If you are normal and find it hard to exercise, a little self-bribery can go a long way.

Storing up 'gift points' for every hour you spend down the gym, running or doing yoga can help provide long-term motivation.

Simply decide on how many reward points you need for, say, a new CD or DVD, and start saving.

Add up your hours on your reward card and if 15 hours of gym work equal one new CD, you'll just about get bored of listening to it by the time you've earned the next!

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2: Myth Buster: Your inner child is throwing a tantrum

As so happens in psychology, the 'inner child' metaphor has passed into common usage without a thought for its validity or usefulness; plus it has been sold so well within the field that you can now get therapy based upon it!

HAVE you nurtured your inner child recently? No? Have you noticed that you have been feeling a little out-of-sorts, or not 100% happy? This is the sort of sales pitch you can find on many 'inner child' sites around the web.

As one website puts it, "It is this lonely little being that you've left behind and forgotten about that won't let you go forward without him or her."

Is it indeed? Or is it yet another invention to sell books and promote a new therapy guru?

Metaphors can be useful, but if they take us further from the facts of the problem (as this does), all they create is confusion and followers, which is probably why they flourish.

Next issue we'll have an article on just how these so-called 'self help' approaches manage to sound so convincing.

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3: Random Element: How to give negative feedback

An entertaining new management tips website has just been launched by one of our forum moderators, Lyndsay Swinton. Here's one of her articles:

:: : Giving negative feedback by Lyndsay Swinton : :

Giving negative feedback sucks. Period. It's uncomfortable for you and it's uncomfortable for the person hearing it.

But no matter how much you twist and turn to avoid it, giving negative feedback may be the kindest way to change behaviour. And believe it or not, there are ways of delivering it that make it less painful for all parties involved...

Full article:

<http://www.mftrou.com/negative-feedback.html>

You can also get hold of the 'Management for the rest of us' newsletter by signing up at Lyndsay's website:

<http://www.mftrou.com/newsletter.html>

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