

The Business Connector

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Use The F-Word

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Human beings are the most diverse creatures on the planet. No two of us are alike.

Some of us have dark hair and some light. Others have shades in between.

There are incredibly strong humans and there are incredibly smart humans. There are people who enjoy the mornings and there are those who relish the nightlife.

Each person is unique. From our personalities to our fingerprints, on down to our DNA, no two of us are alike.

Despite this diversity, there is one thing that all humans have in common. None of us is perfect.

While some are more ghastly than others are, we all make mistakes. Some are accidental – such as making an inadvertent checking account error. Regrettably, others are deliberate – such as making a hurtful comment.

Nevertheless, we all make mistakes. It is part of life. It is part of being human.

Just as we make mistakes, other humans are prone to these same shortcomings. Unfortunately, as we might expect, the mistakes of others can cause us harm.

No matter the cause and no matter the intent, the mistakes of another can result in damage to us. This injury to person, property or pride can be painful.

However, often the most devastating pain we endure in these situations we inflict on ourselves by not being able to forgive.

The effects of this mental poison combine to impair efforts to network ourselves effectively.

When we hold on to the hurt of being wronged, we build within us a level of angst, which consists of grudges, resentment and anger. In no time, these factors fill our thoughts with a mental poison.

This mental poison hinders our abilities, fogs our mental clarity, and zaps our emotional strength. The effects of this mental poison combine to impair efforts to network ourselves effectively.

When we harbor ill will, we expend tremendous energy – body, mind and spirit. This is all energy that we cannot invest in our relationships.

Moreover, as we focus on our grudges, resentments and anger, our focus on anything else becomes limited. In short, it is difficult for us to meet someone

new when we are fixated on the pain caused by someone we already know.

Finally, when we fill our hearts and minds with bitterness, we effectively cripple our connection with the person causing the pain. We neglect relationships with great people simply because they have done a bad thing.

Whether big or small, the issue is not the injustice. Rather, it is our unwillingness to let go of these bad things. As a result, we poison ourselves.

The anti-venom for this mental poison, however, is simple and easy. Washing this angst from our minds and hearts only requires that we take the initiative to forgive those who have wronged us.

Forgiving is a liberating act. It allows us to move forward. It purifies our heart of resentment and it clears our mind of anger.

By forgiving, we conserve energy we can commit to building relationships, meeting new people and moving forward with those who may have wronged us.

Knowing that forgiveness is part of having a better network (which we know impacts our bottom line), it is true we cannot use the F-word often enough or quickly enough.

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