

I would like to share my newsletter. For this purpose, I have translated it into english (to the best of my abilities and help with google translate!)

Thoughts for the new year.

'But' is the stepping stone for polarization and 'and' is the stepping stone for connection.

My aim is to be as pure as possible in my communication. I realize that one word can make a world of difference. Replace the 'but' with 'and' and notice what happens. Replace 'Not in my name!' with 'In my name...' and add what you stand for and notice what happens.

"Taste everything and hold on to what is good" and
"Live up to your potential".
These are the inspiring mottos of my mother and father, with which I was raised.

Idealism for a healthy world &
Humanism for (fellow) humanity and moral compass &
Perfectionism for purity &
Ecologism for harmonious sustainability &
Pragmatism for the actual effect &
Realism for feasibility &
Optimism for a more enjoyable life. 😊



"Taste everything and hold on to what is good"

I can still hear my mother saying it. And I have realized for a long time that I live by this, initially unconsciously. It has made me grow as a person and certainly as a professional. The presupposition: There is no failure, only feedback, kept me focused on that growth. My father's motto also helped me in this: "Live up to your potential, with your head or your hands."

This is also an important guideline in my life. For myself I added: with my heart and my soul. That is what I also like to awaken in others; I bring my confidence in everyone's potential. This is how I lead my most meaningful life possible.

Without dreams you can't make dreams come true!

In my dreams I strive for a better, or better said, a perfect world where no money has to be spent on war and weapons. Where violence is not the model, but tolerance and respect between people. That is my ideal, the vision I keep in mind.

And so, idealism plays an important role. **Idealism** is about striving for better, about imagination and seeing things as they are meant to be. It's about imagining something perfect and then using that as a north star. Idealism is not about what is but about what could be – even what should be: A **healthy world**.

And so, my vision gives direction to my life.

Valid is what works!

This is the pragmatic principle, which is central to NLP (Neuro-Linguistic Programming). This is supported by various NLP assumptions with the intended benefit of further progress.

The core of the philosopher Peirce's **pragmatism** is that any statement can only be meaningful if it has practical consequences, in other words: Valid is what works?

This focuses on the **practical effect**, the result.

But then I get into trouble when I follow politics in the Netherlands and around the world. I see quite a few politicians who are ego-motivated and seek their own gain, or that of a limited group. These (often the same) politicians, among others, expect people in society to adhere to 'our' norms and values. It is not stated what these are, and it is certainly not visible in the behavior of many people, not in the least in the behavior of these politicians.

EGO motivated or ECO motivated.

Apart from ego-motivation, there is often also short-term thinking. The quick fix, which does not take into account disadvantages in the bigger picture or the longer term.

In the view of **ecologism**, everything is part of the same system. And it is therefore very important to protect and improve the (living) environment for both people and nature, aiming for **harmonious sustainability**.

"I am the river, The river is me."

I saw a good example of Eco-motivation in the documentary about the Whanganui River in Aotearoa/New Zealand, which in 2017 was the first river in the world to be given the same rights as humans. Māori have been fighting for these rights for more than 150 years. The Māori see the river as their ancestors, as an indivisible and spiritual being. Māori river conservationist Ned Tapa takes a group of friends, family and activists on a five-day canoe trip on this sacred river. Together, this diverse group of people embrace the spirit of the river and try to find what it takes to save the planet. The river organically unites them in their goal to create a fundamental shift in values to protect our planet for future generations. "When you sit and listen, you hear the country singing," says Ned Tapa. "Everything together, intertwined, in harmony, synchronized."

And closer to home, in my own work as an NLP trainer and coach, an ecology check is an essential part of change work. Attention is paid to the objections that the change/development entails: internal objections, objections in the long term and objections on the big picture. The question 'What's wrong with it?' (mismatch filter) is intended to put your finger on the sore spot and then investigate which value is at stake. After all, that value will have to be included in the change to achieve sustainability and harmony.

So, no quick fix, but a focus on ecological development, especially in the relationship and therefore communication between people.

Such an ecology check automatically makes the harmful consequences of ego-motivated actions visible in the bigger picture and in the long term, and thus also the need for adjustments.

A good starting point is that of John Nash (Nobel Prize winner for economics), who said **"The best for the group comes when everyone in the group does what's best for him/herself AND the group."**

Then it also becomes visible how important it is to put the ego at the service of the soul and to choose a vision of a healthy world.

(I have defined the group as the world.)

Where is the moral compass?

Ecological development requires a **moral compass**. I find the human dimension in humanism.

Humanism is based on the dignity of people. Humanistic values are self-determination, equality, responsibility, tolerance, solidarity, fairness and righteousness. Humanists assume that people themselves give meaning and shape to their lives. They want the freedom to live in a way that you support for yourself: developing a moral compass and determining your position in the world with the help of a (self-)critical view. The challenge is also to remain true to the humanistic values mentioned.

The devil is in the detail. And so is the Angel (I like to add 😊).

This brings me to **perfectionism**. My aim is to be as **pure** as possible in my communication. I realize that one word can make a world of difference. Replace the 'but' with 'and' and notice what happens. Replace 'Not in my name!' with 'In my name...' and add what you stand for and notice what happens.

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People often say, "You can't please everyone." And often people agree on this statement. At the same time, it is used to legitimize not to start trying either! So, I respond with, "I can try." And in this way, focus my energy as meaningfully and as purely as possible.

I'm doing it as best as I can at this moment.

And with my self-reflection I help myself to take steps in the right direction.

As much as I want to make a difference that makes a difference. And as much as I would like to stop bombs, **realism** helps me think and act in achievable steps: What is in my control? What is **feasible**?

A small step can mean something big in the lives of others and myself.

I will not be discouraged. I am aware of the many dark and shadow sides of the world, of life. And I consciously direct my eyes towards the sun.

Because yes: Pessimists may be right more often, but **optimists** have a more **enjoyable life**.

Optimism and pragmatism go hand in hand here.

There and here by the grace of God I am.....

I only have to turn on the television and I see and hear what is wrong in the world.

It really saddens me that innocent civilians, women and children are victims of ruthless violence.

And it also concerns me that wars are being fought at all.

That's there....

And here I am: living in a small village, in a nice house surrounded by family, friends and very importantly my trainees. I am privileged to live my life here. I am grateful and feel happy about it.

I feel that I owe it to this to get the serve life to the best of my abilities.

"There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living." Nelson Mandela

Partly by reflecting on the different layers that are active within me, I realize the deeper meanings of "Taste everything and hold on to the good" and "Live up to your potential".

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& all this in the grateful awareness of the inspiring mottos of my father and mother combined with ambitious morality.

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