



The Newsletter Volume 2 Issue 3

What is Your Anchor?

Mental Illness on Rise on College Campuses by Joan Archart-Treichel

<http://pn.psychiatryonline.org/content/37/6/6.1.full>

Study: Youth now have more mental health issues by Martha Irvine

http://news.yahoo.com/s/ap/us_stressed_out_students/print

In our previous newsletter, we talked about goal setting. Since then, some important facts have come out that have an impact on how we coach and how you should set your goals.

In the links provided above, there is ample evidence that our college students are experiencing more emotional difficulties than before. It appears that more people are judging success by the amount of money they make and the number of possessions they have. This is a dangerous gauge of success and will probably get more noxious as the economy continues to flounder.

How will anyone succeed when there is such high unemployment, a looming inflation, and ongoing poverty? Focusing on materialism and the values of Hollywood is a certain recipe for depression and despair. "Poverty of spirit" is a prelude to certain failure. The Haitian earthquake should have put everything in perspective but we humans are slow learners. We need to be thankful for the essentials of life and proceed from there.

Our anchor must be the spirit of thanksgiving for what we have and for our very existence. We must look at what is in our toolbox and use those tools we have to make our lives a gift to others, therefore making our lives worth living. Our culture often judges by appearance and style but the clothes do not make the person. Instead of getting facelifts, we need "heart-lifts."

The personhood of each individual is priceless no matter what anyone says or thinks. The individual must be willing to take responsibility for himself and to make a positive difference in the world. Selfishness is a philosophy that loses every time. Parents need to not only teach this but also model it for their children. If yours have not done this for you, then do it for your own children or your friends.

For the young adults and adults that are “adrift,” it is time to get on course and understand that you are part of a greater purpose and need to contribute to it. When you do, you will be happy with yourself and you will achieve the goals you set.

Without an anchor, ships flounder. Make sure you stay anchored.

Duffy Achievement Group