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2022: Lessons Learned

FEATURE ARTICLE

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Life has no shortage of lemons.

Each December, I dedicate this article to looking back at the year gone by and engaging in some retrospective thinking. In doing so, I review my experiences from the past twelve months to uncover meaningful lessons that I can carry with me into the year ahead.

While lessons must be learned on an individual basis, I hope that my insights can spark a reflection of your own.

Here are three of the most pertinent lessons I learned in 2022:

1. Be a goldfish.

Don't dwell on your mistakes.

Ted, the unrelentingly optimistic football coach in Apple TV's *Ted Lasso* once said, "You know what the happiest animal in the world is? It's a goldfish. It's got a 10 second memory. Be a goldfish."

Of the countless obscure idioms throughout this show, this is the one that has stuck with me. Learning from our mistakes and dwelling on them are two vastly different things. It is important that we recognize our mistakes when they take place, but critical that we move on quickly to avoid lingering, negative effects.

2. Passion makes perfect.

In my role here at Clientek I wear many hats. This tends to lead to situations in which I am asked to do something that I am unfamiliar with. Early in my career this would have raised a red flag and had me spinning my wheels for hours before making any progress.

Today however, I simply set forth with the intent of doing the best that I possibly can. I care about Clientek, and I am passionate about the work that I deliver. Having a sense of purpose and meaning behind my efforts allows me to learn

and grow from constructive criticism and tackle each day with focus and intent.

Experience is valuable, but passion produces unparalleled results.

3. Marination is key.

I have a knack for putting unrealistic expectations on myself, particularly when it comes to business-related communications. No matter the time of day, I feverishly investigate every notification bubble until it has been addressed.

It has taken a lot of patience and intention, but throughout this year I have begun taking more time to draft my responses. Based on the message(s) I receive; I take a moment to step back and prioritize my reply among everything else going on in my life. In doing so, not only do I decrease my stress level, but I draft a much more appropriate, concise, and meaningful response.

Simply give your brain the opportunity to marinate, you'll be glad you did.

Taking the time to sit down and conduct this retrospection has proven instrumental to my growth as a person. 2023 is just around the corner and we only get one shot at it. Make the most of it.

It's time for some lemonade.

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