



INSPIRED

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THE POLKA DOT EXISTENCE

I don't particularly like the polka dot fabric and as a result, anything made out of it. The last time I owned a polka dot dress, was in my days of 'Christmas clothes' and I vowed never to make my way in that direction from the day I could afford to pay for my own clothes.

After a long lecture from an aunt who could not understand my bad relationship with fabrics and colour, I parked at the library (yes, I know about Google but I love the smell of books!) to find out the story behind the fabrics and got fascinated by the history of the polka dot fabric. There are many theories, predominantly; the Bohemian and Czech dance called the polka and secondly, back to the fabric, by the 1800s, a fabric with dots in various colours that had become a trend. Whatever the story is, life is a lot like the polka dot fabric – a solid colour with lot of dots in shapes that are proportioned to the reality of the owner. At this time of the year, we tend to have a conclusive approach to life, reflecting on who we are or should be, and where we are or should be. Not a lot of us understand that our lives are based on a solid foundation - good values, beliefs, behaviours, attitudes....**BUT** we all have dots that symbolize all the not so good things that are part of who we are. The dots represent the things we have done that we are not proud of, but have shaped us consciously or subconsciously. The challenge is how we respond to the polka dots in our lives. Some of us beat ourselves up so much about the dots (failures, errors in judgement, etc) that we don't get to see the enhancements added by the dots onto our plain existence.

And if you considered the polka as a dance, that should take your view of your life to another level. If life is a dance, it means you will generally waltz or samba across the floor of your life flawlessly, but sometimes will have your feet stepped on, your heel might break, you might fall and worst of all, you will at any point you decide to take a break from dancing, be fatigued and drenched in sweat. The dance is beautiful but some of the after effects are the dots that are uncomfortable and sometimes, discourage some of us from pursuing our dance with vigor – we stop after the first break because it is hard to face up after the embarrassing fall or get up from a tiring dance with partners, family, colleagues, and friends.

Whatever your perspective, my wish for you is to consider a polka dot existence – bold with well positioned dots that have the potential to shape the journey of your life into something beautiful and an acceptance that you need dots in your life!

NUGGETS FOR THE MONTH

YOU

Muster the courage to face up to your flaws and embrace them

FAMILY

Resolve to give your family the space to be themselves

FRIENDS

The difference between a friend and an acquaintance is imperfection

WORK

The challenge for anyone in any workplace is to navigate relationships and situations authentically

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Wishing you a blessed Festive Season and a great start to 2016



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