



Radiant Reflections on Renewal

This is the first issue of Management Digest in a brand new year. It comes to you at a time when people have fresh ideas for a fresh period ahead. This is the time, I think for us to change. In order to change for the better, we need to recharge ourselves. There is no better time than this early year to do so. I am talking of the need to take care of physical, mental, emotional, social and spiritual dimensions of our lives. This is an opportune time for renewal, an awakening to the reality with focus on being better. We need a renewal in each of the above facets, in making 2012 a meaningful period of prosperity.

We need to renew physically. Human body is the vehicle that takes us through the journey of life. Being healthy and fit is of utmost importance, despite our constant negligence of them. Finding quality time for physical exercises on a regular basis will be one sure cure for physical inactivity. The next is renewing mentally. It is to do with sharpening ourselves. As Stephen Covey highlighted as one of the seven habits of highly effective people, "sharpening the saw" is essential for growth and success. Ensuring that knowledge and skills are regularly updated and upgraded is what we need to focus on.

We also need to renew emotionally. There are people who have successfully passed their exams, but have miserably failed in their lives. Being aware of constructive emotions as well as destructive emotions, surrounding our lives, is the first step. Laziness and anger are two common examples for destructive emotions. Enthusiasm and determination are common constructive emotions. As experts on Emotional Intelligence (EI) say, self awareness should lead to self-regulation. Next comes the need to renew socially. As we know, no man is an island. Human beings are social animals. Human connectivity is an essential requirement for any community to foster. In a high-tech world, where speed is a key factor, high-touch dimension of relationships should not be neglected. I have seen many achievement-oriented executives who have "married" to their jobs whilst their neighbours taking care of their families.

Perhaps the central-most one for all the above is renewing spiritually. There is a difference between being spiritual and being religious. One can visit a church, temple, mosque or a kovil every day, but at constant loggerheads with neighbours. Being spiritual is much deeper in moving beyond rituals in being righteous. It requires a set of values that governs your behavior. Honesty and integrity can be the commonest examples. Harmony between your set of values and the corporate values of your organization will ensure long term association of you and your organization.

The key point here is the need to have a balanced approach towards performance. Renewed employees will reinforce their commitment towards assigned tasks in achieving the expected results. This issue of Management Digest carries several articles that strengthen your balanced and renewed approach towards success as the magazine for true achievers. May the year 2012 usher an era of prosperity through productivity. Management Digest will always be there for you with informational and inspirational inputs.

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