

SENTARA EAP THOUGHT OF THE WEEK - 6/02/08

“Gardening is something you learn by doing — and by making mistakes ... like cooking, gardening is a constant process of experimentation, repeating the successes and throwing out the failures.”

~~ Carol Stocker

The last few weeks have given comparisons of how planning, planting and maintaining a garden can be applied to everyday life. When seeds are given the right growing conditions, you can reap a beautiful and bountiful harvest.

Gardeners do not make plants grow, it is the genetic coding inside each plant that does. A gardener simply creates conditions that are conducive for plants to grow, and if those conditions are maintained, then growth occurs.

In the same way that you cannot make a seed grow, you cannot create inner motivation in other people. The word motivation literally means “a reason to move.” Every person has different goals and aspirations in life, and those reasons are as individual as the person. Since everyone has their own reason to move, everyone already has their own motivation. What you can do is influence the environment and the conditions in which they move and grow.

A good gardener is always inquisitive about the conditions of the garden. Is fertilizer needed? More water? Less water? Are there any unwanted pests or diseases?

Asking questions about the conditions of the environment people prefer works in much the same way. When dealing with others what is truly in your control is the ability to create conditions or inspire their own inner motivation that will then move them forward. Take the time to ask and observe what motivates those around you. The main thing is to ask and not assume!



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