sda San Antonio Chapter

RIVERTALK

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A MESSAGE FROM P★O★S★D★A

PRESIDENT OF SDA SAN ANTONIO



SHRINK YOUR OUTLOOK

By Danielle Salvador, CDFA, Merrick & Co.

I am so excited to step into 2023 as President of this incredibly vivacious chapter. I am thankful for the members who trusted me in this position, and I hope to meet those expectations. I could not be successful without the Board who facilitate and our members who participate, so thank you all.

I found myself feeling a little overwhelmed at work these past few months so I looked for a shift in my perspective. I needed to know how to feel less hectic and more in control of my time. I found guidance that emphasized patient progress, hard work, and building solid foundations on your path to success. I tend to be so focused on the end goal that I forget to savor the present.

People tend to daydream of greener grass in farther pastures, so it's easy to get caught up in hypotheticals instead of paying closer attention to the right-now. But at your job, what is the end goal? Sure, we have career benchmarks to work towards, like rungs on a ladder, but that mentality will lead you to "what's next" yourself to death. This card helped me realize my goal should not be the next promotion; that will come with time so it's nothing to stress about. My goal should be to find joy and happiness in every day tasks. We all have to show up and do a good job, the hard part is slowing down to admire your work. As Administrators, our job is always something new or interesting, so it shouldn't be that hard!

This guidance reminded me to shrink my outlook toward my career by taking more joy and pride in what I'm doing right now, day to day. I now see it's time for me to pay closer attention to the journey I'm creating by finding peace in my daily tasks instead of delaying my joy for when I reach the end goal.

Life is not about working to enjoy life later but rather about experiencing joys in each task. This shrunken outlook is smaller and more digestible, which is less for me to stress about. Sort of like how people can stop and smell the flowers when they go for a walk, those same flowers they wouldn't even notice driving by.

I am looking for the flowers in my daily tasks, and if you're feeling overwhelmed at times, I invite you to join me in slowing down to a walking pace.