


# Uncommon Sense

Providing Clarity, Promoting Intelligence

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**Issue: # 133**

**December 19, 2016**

**Dear David,**

 Ara Norwood

Welcome back. The year is winding down. So let's get down to business.

In today's **Self-Development** column, we explore the vital topic of goal setting.

The **Elephant in the Room** column addresses the charge that conservatives are not merely sexist but actually misogynistic.

Finally, in the **Ara's Journal** column, you will find some personal thoughts on loneliness.

OK, let's get started.

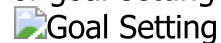
Ara Norwood

**Self-Development**

## Goal Setting Pep Talk - Part 1 of 2

I'll never forget the first real presentation I experienced on goal setting. It was delivered to me when I was about 21 or 22 by DA, a Vice President and General Manager of Marcus & Millichap, the Palo Alto-based commercial real estate firm. I learned in that electrifying presentation how people as diverse as Abraham Lincoln, Jim Thorpe, Julius Caesar, and others overcame severe limitations to achieve greatness, and that we can be either the creatures of circumstance or the creators of our circumstance. I also remember DA talking about the fact that there are three kinds of people in this world: those who make things happen, those who watch things happen, and those who don't know anything happened. All of that cliché-larded hype actually had an impact on me and caused me to want to take control of my life by setting annual goals.

As a result of DA's influence, I made the regular practice of goal-setting on an annual basis. It has had quite an impact on me in 3 ways:



**First, having goals helps keep me organized.** I learn to avoid time consuming events that do not lend value and that rob me of the time I need to pursue my goals for that year. Some opportunity or invitation will come up, I quickly assess whether that opportunity leads me towards my goal, and if it does not, I have little trouble turning it down.

**Second, having goals helps keep me moving.** I do not experience much lethargy in life because my goals have me in a near-constant state of movement. The energy required to attain my goals forces me to be active, and so there is a dynamic in my life that would be absent without having goals to pursue.

**Third, goals enable me to attain.** Sometimes the goal has to do with finances, and so when I attain such goals, I come away wealthier than I would have been otherwise. Other times the goal has to do with relationships, and so when I attain those types of goals, I end up having the right kind of people in my life and the relationships are stronger. Still other times, the goal may have to do with my physical life, and when such goals are realized, I enjoy a great measure of good health, athleticism, physicality, or less stress.

My advice to you is to examine the totality of your life, and ask yourself two questions:

- Are there areas of my life that are problems that I wish to rid myself of, and if so, what has to happen to remove from my life the problem issue?
- Are there areas missing from my life that represent opportunities, and if so, what is out there that I should pursue and seize hold of, and acquire?


And whatever your goals, they should arouse some passion within you. So don't go for the bland or the pedestrian. Go for things that you deeply care about and perhaps even crave a bit.

## The Elephant in the Room

### Responding to the Leftist Paradigm, Part 7 of 10

Continuing my response to the challenge thrown my way by Dr. J after he read Issue #120 of Uncommon Sense, wherein he retorted:

*It would be helpful to your argument to give examples of how the "Left," antagonistic as it appears to racism, income inequality, intervention into foreign wars, poverty, environmental destruction, Global Warming, insider trading, **sexism**, Creationism, pollution, disenfranchisement of voters, etc, poses an existential threat to the US. If anything, the progressives in this country appear host to its better angels.*

Since the time that this argument was first made by Dr. J, Donald Trump has won the 2016 Presidential Election. And critics on the Left of Mr. Trump have called him many things, *misogynistic* among them.  Misogynist


Inasmuch as the label *misogynist*, which is now used by the Left against almost anyone not on the Left, especially if they didn't vote for Mrs. Clinton, I would venture a guess that being a misogynist is a greater crime in the eyes of the Left than is being merely sexist. For being sexist usually means you hold some unfair views towards the opposite sex (i.e., a man looks at women in some sort of unfavorable way) whereas being misogynist means you actually hate women.

Dennis Prager has written perhaps one of the more thoughtful commentaries of this issue from a Conservative's perspective, so rather than reinvent the wheel, I will simply refer interested readers to Mr. Prager's recent column and draw their own conclusions. You can read the article by Mr. Prager by [clicking here](#).

And that, my friends, is the latest elephant in the room.

## From Ara's Journal

### On Loneliness

Early in the Bible (within the first fifty verses) God declared that "It  is not good that man should be alone" (Genesis 2:18.) It is interesting to consider the larger implications of such a declaration.

Journal  
Writing

Why is it not good for man -- or woman -- to be alone? What does the state of being lonesome do to a person over time?

This is interesting because I have always placed great value on my moments of solitude, perhaps because such moments have always been rather scarce in my life. My history has usually found me surrounded by people without much respite. (Perhaps respite is too strong a word, for I do not mean to convey the idea that I find it unpleasant to be around people.) Whether family, or friends, or business associates or students or others, I find that most of my past waking hours found

me with people. Thus, I feel a longing for regular periods of solitude where I can reflect, and have some down time. But what I take from the Book of Genesis seems to warn me about some unexplained pitfalls to being alone.

What about the man or woman who are in circumstances of a more reclusive nature?

I have recently been tasked with putting together the 40-year reunion of my high school. A first assignment I had was to locate over 400 students. I succeeded in making contact with over 300 of them. In some cases I came across a former classmate that now lives a solitary life, either through no fault of their own, or by choice. That small handful of people lead lives largely bereft of regular human contact. It is difficult to put into words the impressions that came to me during my telephone interactions with them, but something seemed amiss.

I ponder the many homeless people I see on the streets of Los Angeles and wonder what it must be like to go from an environment where they very likely had regular human contact to having very sparse human contact (and with no stability in their relationships.)

Being lonesome has its own drab anguish to it. The longing for human contact when none can be found leaves one in a perpetual cycle of yearning bereft of hope. When one resigns oneself to this fate, one is in danger of becoming an automaton, embracing a robotic-like state of existence where the new reality is alone-ness. A numbing sadness seems to grip such persons with perpetual shudders of bleakness.

Indeed, one of the great verities of the Old Testament is that "It is not good that man should be alone."

## The World of Words

### Countervailing

#### Building Your Power of Expression



Dictionary

**Countervailing**, adj.

**Pronunciation:** ˌkoun(t)ərvāɪ ɪŋ

**Meaning:** When something is being influenced in an opposite but equally strong way, we could describe that thing as countervailing. Countervailing refers to counteracting, compensating for something, or offsetting something.

#### Usage:

- *The dominance of the party was mediated by a number of countervailing factors.*

- *There was nobody strong enough to lead an effective countervailing force against the dictator.*
- *I don't buy into the global warming hysteria, partly because there are countervailing studies by competent climate scientists telling us not to worry.*

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New subscribers, the Special Report "11 Ways to Beat the Odds" should have been sent out to you already. If you have not received it, please communicate that to me via email ([ara@aranorwood.com](mailto:ara@aranorwood.com)).

For more information on my work, follow me on Twitter ("Ara Norwood"), or on Facebook (keyword "Leadership Development Systems") or via my website: [www.aranorwood.com](http://www.aranorwood.com)

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