

How To Keep The Beat

By Carol Gegner

How To Keep The Beat

Carol Gegner
carol@coachexecs.com

coachexecs.com <http://www.coachexecs.com>

Are you ready to rock and roll? Are you feeling upbeat, passionate, energetic and enthusiastic about who you are and what you do? The sounds of rock and roll music are a great teacher for how to live and work with optimism and happiness.

I reached that conclusion last weekend when my husband and I attended an evening concert to hear the famed rock and roll 50's group, The Coasters. The music certainly transported us back in time to the days of our youth. We had a blast because the music has the same affect now as it did then!

The Coasters appeared on stage in their light blue satin shirts and sequined cummerbunds. Although only one of the original Coasters remains, the group casts the same old magic with their voices and dancing moves. It was a totally 50's experience!

The audience became more enthusiastic and spirited with each song the group sang. The aisles quickly filled with children and adults dancing and singing. Those who couldn't get to the aisles managed to clap and sing along in their seats. The atmosphere was infectious and no one wanted the fun to stop. The applause brought the group back on stage for three encores!

What does rock and roll music teach us about living and working? First, the music has a special rhythm consisting of the beat, tempo, pace and time. That rhythm has a flow and pattern and it's quite predictable. After each new verse the chorus gets repeated over and over.

What is the rhythm of your life and work? You need to have some routine and at the same time you need to make room for new opportunities. Don't get stuck in the comfort zone of repeating the chorus. Create new situations to intersperse with the chorus to keep moving forward.

Rock and roll has a beat. It's contagious and engaging. It's an essential element of the rhythm. The beat can be compared to your attitude. Do you keep an upbeat attitude 80 per cent of the time? Do you look for the positive side of things when the going gets tough? Your beat sets the tone for everything you do.

In the 50's rock and roll music was innovative. It combined the synergy of rhythm and blues, country, soul and jazz for a brand new sound. How creative and innovative are you? Do you like to challenge yourself and try something new? Creativity adds a little extra spark to life and it comes in many forms. Most of us aren't talented artists. Recognize and acknowledge your own form of creativity and let it fuel your efforts.

Rock and roll also initiates a force of positive energy. The music is uplifting and physically stirs up movement. It entices you to tap your feet, click your fingers, clap your hands or sing along. How would you describe your physical energy? Do you have a little bounce in your walk and talk? Movement and action generates energy.

How about putting a little rock and roll into your life? Establish a rhythm, be upbeat, innovative and energetic. Your efforts will give you long lasting success. Enjoy who you are and what you do as you keep the beat. You too may get three encores!

(c)2002 Carol Gegner. All rights reserved. Carol is President of Executive Coaching and Consulting Systems and she publishes Keys to Success, a FREE monthly ezine. You can subscribe at <http://www.coachexecs.com> and receive a FREE report on Goal Setting for Success.

[Get-Articles.com](http://www.get-articles.com) : 1000's of reprintable business and internet marketing-related articles.

[Submit your article for reprint.](#)