

I was at a hotel counter when a gentleman walked in hurriedly and asked for the manager. The manager came out of his room and the gentleman said, "I requested a wake-up call for this morning but nobody called me! Now I am late for my appointment. I want you to take the responsibility for this mistake". The manager excused himself, went inside to speak to his staff and came back - he said "sir, I was told that there were two wake-up calls made to your room but you didn't respond to either of them. When rung for the third time, you have asked him not to disturb you". The gentleman was genuinely puzzled, "Have I said not to disturb me? That doesn't make any sense. I think you are trying to cover up your mistake. If I miss my appointment I am going to hold you responsible". The gentleman walked out, but his anger has evaporated and it was replaced by confusion.

Time to Wake-up

Wake-up call is a practical tool used by many to shift their consciousness from one state to another at a set time. As adults we set the

alarm of our bedside clock to wake up on time in the morning. The sound of your alarm can vary from a highly abrasive startling sound to a softer tune of your favorite piece of music or the voice of a DJ in a morning radio show. Nowadays we can even choose the alarm to ring several times, thanks to the invention of the snooze-alarm! Travelers organize automated or live wake-up calls in hotels to make sure they catch their flights on time. Children, whether they like it or not, are woken up by their parents, with soft pats and shakes, to go to school.

Regardless of the nature of it, a wake-up call is useless unless you choose to respond to it!

Have you received any wake-up calls recently?

Although wake-up calls are generally state-changing (from inaction to action - from sleep to awareness), the most powerful wake-up calls are life-changing!

A life-changing wake-up call is a resounding signal about a change that is necessary in your life. Often you get this type of wake-up calls when crisis or challenging situations in your personal or profes-

sional lives are forming shape. Mentioned below are some of the types of real-life wake-up calls people may get.

- A mild heart attack is the life's way of alerting you to your poor eating habits, lack of exercise and work-life imbalance

- Layoff of a work colleague is a gentle professional alarm that alert you to the fact that poor work

performance leads to negative consequences and these rules apply to you as well

- Surviving a minor car accident is an abrasive alarm going off about the need to take drunk-driving seriously and to change the negative drinking and driving habits before the damages are irreversible

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