

Black Shades

Attention!

Hypothetical dining ahead.

You plan to visit a new food outlet in your vicinity. It's quite a posh restaurant and you want to choose your apparel accordingly. You don the new T-shirt you bought the last Sunday, team it up with your 'pair-me-up-with-anything jeans' and your new canvas shoes. You do your hair nicely and put on your black shades. It's a sunny day today, you see.

The outlet is not too far, so you decide to walk- you had been gulping down all that junk the entire week anyway, maybe this can compensate a bit. You are stealthily feeling proud of your decision to take your shades along, they are protecting you from so many health risks caused by the harmful effects of sun rays.

You have finally reached there. The doorman greets you with a warm and welcome smile and opens the door to usher you in. You enter and you can't help admiring the efforts of the team to bring to you the best dining experience you have ever had. The staff is good and genuinely sweet and patient. But you see, something is wrong here. Why does everything in the interior have a tinge of grey? It's a good shade in so many settings, but not just everything can be grey! You call the manager and give your feedback about the colour choice, only to be reminded of the fact that you forgot to take those shades off.

Did it serve you some food for thought?

The glasses were a requirement outside: they protected you. Just like that, the habit of raising complains, of highlighting the negativities, is a necessity in certain environments so that you can reach the goal of optimum performance. It is good to complain when the situation or people come under your circle of influence. But it is useless, rather a wastage of time, to whine about everything and everyone, about anything that does not come under that circle. When you can do nothing about it, then why not just change your perception. Just like the way you need to take your shades off when not in the sun, you should turn your complaining mode off (if it exists), when you have the alternative of enjoying the beauty with a change of perception.

Try it sometime!

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