

Productive to the Max

Productivity

Performance

Profitability

What took you so long?

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Have you had something on your mind for some time? Is there an outstanding issue grabbing your gut, niggling at your soul, bothering you to the point of distraction or destroying the ability to actual live a productive life? Do you wander around in a fog, crawling through the days hoping for the opportunity to collapse in front of the TV set or crawl into bed? Does your physical and mental presence reflect your feelings? Are you bedraggled, unkempt, unfocused and uncommunicative?

Or perhaps the opposite is in effect. You really do not know what is on your mind because it is moving at the speed of light. You are a whirling dervish, going through life with no focus, no plans, and no structure. You fly through each day with a to-do list that would rival the length of a football stadium. Emails pile up in your already overloaded inbox, your blackberry has a mind of its own, deadlines are looming and you never return phone calls.

What will it take to persuade you to Stop, Focus and Get a Grip on life? When that abusive relationship escalates to the point of serious consequences? When the creditors finally foreclose and take your house? When you become physically ill from all the stress and be forced to stop in your tracks? When you lose that million dollar client because you forgot to respond to their requests? Guess what? Then it will be too late.

Why does it take so long to make decisions that will actually make your life better? You know what is happening each step of the way, yet you are paralyzed with fear and find it impossible to come to the necessary conclusion. Perhaps you really thrive on the excitement and stress, or like to be the "victim" so you can receive the attention you so desperately seek.

Take some steps to rectify the situation now.

- Decide on a goal to deal with the issue(s)
- Set a deadline for your decision
- Visualize the outcome

- Analyze in writing the pros and cons. Remember to identify the affects not only on yourself but on others also
- Determine the steps you have to take; break them down into smaller components
- Obtain help, counsel and support from family friends and professionals
- Identify your worth, your value and your strengths
- Get on with it

I find in my coaching practice that there are many people who come for help who have been struggling with difficult decisions for some time. They know in their heart, mind and soul that something has to be done. As soon as they talk it out, the light comes on. When they write down the issues and results the glow shines even brighter. When they dig deep into their soul and realize their worth, lightening strikes. All they need is permission to proceed, someone to tell them it is OK and that they deserve better. The longer you wait, the more stressful life becomes. So don't wait until it is too late. Act now and live a happier. More productive life.