

Running 100 Miles. . . Press Pause

I don't know about you, but I feel like I have been running 100 miles an hour since the beginning of the year and here it is, already May! I ask myself, "Why does time seem to be moving at warp speed?" I am not alone, though, as numerous people I talk to across the country are telling me the same thing. In fact, people are working longer days and still can't accomplish everything. Could it be that the economy is picking up? Or are businesses running short staffed and now that business is picking up, they don't have adequate staff to get everything done?

Regardless of the answer, I have realized that I have to press "pause" for a few weeks. This is not easy to do with my crazy travel schedule and running a growing, thriving business. I see it more as a mental step than a physical step of stopping things because we can't stop life. This made me think about our conference theme this year: *Be BOLD . . . Mastering Exceptional Leadership One BOLD Step at a Time*. We will be covering five pillars of life in which we need to take the lead: family, career, spiritual, wellness, and financial. At our office, we have morning huddles where one person takes one of the pillars and shares something special they found in relation to one of the five pillars. It could be a video on YouTube, quote from a book, a lesson from a speaker, or an article.

We can take the lead in our wellness by pressing the "pause" button. How do you do that when you have responsibilities? Be selective. Ask yourself, "What can wait until a later date? What really does not need to be done—I just want to do it? What can I delegate to someone else? Who can help me accomplish my tasks and manage all I have to do? Who has strengths in areas I'm weak? What can I stop doing today? Is this really necessary? Is there a relationship that is draining my energy?"

Why don't you decide to take the lead in your wellness pillar this week? It will be a great way to start May.

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