



## Mobley's Musings- Enjoy the Journey

Sometimes I catch myself and my friends jumping from one task to the next without stopping to look back on a job well done. I'm not suggesting a long "after action" analysis — just a brief reflection on what went into doing the work, what part of it you enjoyed, who helped you, and how the completed task improves things. That quick exercise offers both satisfaction and closure and motivates you to tackle the next task.

Make a list of things that bring you pleasure so you're less likely to overlook them as you go about your work. I can think of many: a stirring song, a pretty picture, a sublime sunset, the sensation of the sun or breeze on your skin, children playing, friends laughing, a refreshing drink, a delicious meal, the aroma of spices or flowers, the softness of your pet's fur under your fingers, a quick hug, a long kiss. These simple things create meaning and make the journey more enjoyable, as long as you make space to include them.

After all, life shouldn't be an efficiency test to see how much you can stuff into every minute of every day. It's about taking the time and making the space to appreciate your days.



## Ask Sandy When to Let It Go

A recent theme among clients is finding the balance between holding on to the reins of a situation and walking away from it when your direction can't seem to gain traction. These clients care deeply about the success of their organizations, but they see things going sideways and want to raise the red flag. One client is the technical advisor on a project where the software application vendor is behind schedule and not meeting expectations. She sees that the project is coming off the rails and has raised it with the manager, but he just doesn't want to hear it. She elevated her concerns to her boss who also doesn't want to get involved.

Another client, a family counselor, sometimes hears parents making harsh comments to a child with behavioral challenges. He has suggested ways to manage the child without brutal criticism, but the parents aren't changing. Their behavior isn't severe enough to qualify as abuse and require child protective services to step in. But it breaks his heart to see the child wither under their parents' comments, and he sees no way to stop the dysfunctional pattern.

I imagine parents go through something similar when their children ignore their advice and head in the wrong direction. When is it okay to let kids make their own mistakes in the hope they will learn from the experience, and when is the situation too serious to let it go?

As a coach, I occasionally face this situation when I see a client's behavior leading to a bad outcome. I ask questions to help them think through the possible outcomes of their behavior and offer different ways to deal with the situation. But ultimately it is the client's choice. In one case, the client did lose his job. After several months of feeling down, he assessed what had happened, owned his role in the dismissal, and realized he and the manager were not compatible. He thought about what he really wanted to do and decided to apply his talents in a different direction. The company he works for now values him and he is better aligned with its leadership team.

When I see people headed in what I consider to be the wrong direction, I think about how some of my own wrong choices forced me to try something new and ultimately led me to a better outcome. I now regard missteps as opportunities to learn and believe mistakes can lead to wonderful new possibilities.

Ultimately the only person we can change is ourselves, so if your organization doesn't listen, try another approach. If you have nothing left to try and you can't live with letting it go, perhaps it's time to find a different organization. As Kenny Rogers sang, "You got to know when to hold them, know when to fold them, know when to walk away, know when to run."

If you have questions you would like to have Sandy address in future newsletters, email them to [sandy@learningadvantageinc.com](mailto:sandy@learningadvantageinc.com)



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## Finding Peace of Mind in Troubling Times

With so many worrisome things going on in the world today — I won't list them lest I add to the anxiety — people who previously were calm and together are getting thrown off balance by even small changes. The added stress of current events is making it harder for them to rebound.

If you are among those feeling unusually rattled lately, it may be a good time to assess your resilience by reviewing its components: being clear on your purpose, having a positive outlook, self-care, flexibility, and self-confidence.

When you have a **clear purpose** or larger vision for your life, bumps in the road aren't as unsettling. You have your goal and won't be deterred by obstacles. If you don't have a higher purpose, adverse events can seem more disturbing and unduly occupy your conscious mind. Knowing what matters to you and creating a motivating goal will give you a strong foundation to withstand challenges both big and small.

It may be hard to have a **positive attitude** in tough times, but you can strengthen your resilience by focusing not on what is wrong but on what is right. If you have trouble coming up with positives, start with gratitude. Recognize what you are grateful for, such as good health, supportive friends, a beautiful garden, or a comfortable home. Being aware of these blessings leads to a positive mindset.

Of course, even a positive attitude can be defeated when we don't take care of ourselves and end up feeling exhausted, burned out, or in a perpetual bad mood. Make sure you take time every day to do something you enjoy. It can be as simple as petting your companion animal, dancing to a favorite song, or going on a run. **Self-care** is an exercise in affirming your self-worth.

**Flexibility** supports resilience because it allows you to find new ways to solve problems. If you know only one way to do something but that tactic fails, you are out of luck. If on the other hand you know several different approaches, you have a greater chance of success. One of the success factors at manufacturing companies is having multiple vendors so if replacement parts weren't available from one there would always be other sources.

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