



Today's Quote:

"The chains of habit are too weak to be felt until they are too strong to be broken."

— Samuel Jackson



"Scar tissue is stronger than regular tissue. Realize the strength, move on."
- Henry Rollins



Just Do It - Yourself
By Ralph Simone

Let's just say that my favorite craftsman tool is the telephone. Now I do not want to imply that I am not handy, it is just that my bias toward perfectionism sometimes gets in the way of enjoying building stuff.

So it was a pleasant surprise when my son and I assembled a filing cabinet for my wife and he said that he really enjoyed doing it with me. I actually had to ask him to repeat what he said, because I wasn't sure that I had heard him correctly.

I guess it was actually a modeling opportunity for me. In my work and in most areas of my life I coach people to be in the moment and to detach from the outcome and yet I am still challenged with practicing that potentially liberating principle when involved in a DIY project.

"You can do it, we can help" as it relates to me, not so much. But this time was a little different. Just the fact that my son asked me to do it helped to get me a little unstuck that day. It freed me to transcend that self-imposed limitation of not starting something that I wasn't sure I could do "perfectly." And I couldn't help but wonder what other areas of my life was I stuck – either doing or not doing things because of the illusion of the comfort or discomfort I think they provide. The slight shift of looking at this as an opportunity to spend time with my son, learn something from him, and perhaps teach myself and my son something was just enough to get me in action. And once started, it wasn't so bad and was useful in helping me tell a new story about myself, projects, and the need to be perfect.

So, where might you be stuck in your life, telling a story about yourself that is limiting in some way? How might you look at the situation slightly different and begin telling yourself a story that is more resourceful and aligned with who you truly are not who you think you are?

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Leadership Practice:

Identify a pattern of behavior that you feel is no longer serving you well. What changes in perspective can you make that will help you break or modify that behavior pattern?

"The journey of a thousand miles starts with a single step."
- Lao-Tzu