

PRIORITIES

What are your priorities?

Is it to survive the day? Is it to respond to whatever comes? Is it to do what others ask you to do?

Bouncing from one item to another is exhausting and unfulfilling. Just doing what comes along leaves people feeling they accomplished little, if anything, at the end of the day.

Do you want to accomplish something today and feel good about it, and yourself, at the end of the day?

More is too much. More running, more jumping from one thing to the next, and more rushing are not the answer; nor is allowing others to control you.

The answer is to plan the day based on your priorities. Less is more. Less gives you the opportunity to enjoy what you are doing, to enjoy those you are doing it with, and to do your best.

A farmer knows when he has to plant his crops based on the weather and season. He plants when it is time. One cannot plant a month late and expect to catch up for harvest time. No, farmers plant when required and allow the crop to grow in it's own time and then harvest.

Be a farmer. Allow the proper time to do what you are doing. There is no value in rushing, doing something poorly, and knowing you did not invest the time to do your best.

Everyone has 24 hours in a day and everyone controls what they do with that 24 hours. Sure, some give control to others, but that is a conscious decision to turn over control to another. Yes, you are in control of your life.

Plan your day based on your priorities and say NO to those things that have little or no value. Say NO to the unimportant so you can do the important.

For those caring for children at home, the priority is the children. They need time and attention. So, say NO to those things you'd like to do but are not as important as your children. The time will come when the children are in school and you will change your priorities to have time for other things.

For those with a busy career you can set a priority of how many hours you will work. Sure, there are emergencies but on a daily basis you can decide. You might even change careers.

As summer is coming to an end in New England priorities are an issue. For me, it is a desire to spend more time sailing, golfing, and at the beach with the family. It is also working and gearing up for a busy fall. Plus, this summer I had the opportunity to babysit my grandson. I changed my priorities as he was more important. The opportunity won't last forever and I do not want to miss the chance now. We all feel the pull of various priorities.

So, I schedule my priorities trying to balance them as best I can. The key is to first eliminate those things that do not add value and are not important. Do I need to go to that meeting? Can I delegate the task? Can I schedule it for October? Is it needed at all? What is most important?

We can't do it all, we can't go to all the events, and we can't burn the candle at both ends. Choose based on your priorities.

Focusing on your priorities, giving them the needed time, and doing less, will leave you energized, happier, and fulfilled at the end of the day.