SPRINT

Is it time for a sprint? A sprint to the finish line?

Now is the time to do it. Focus. Take action. Sprint. Sprint to the finish. A sprint increases your capacity and performance.

Projects can take a life of their own and become overwhelming. We waste more time thinking about them then doing them. We know it's so big, we can only think about them. We rarely act. So, of course, it's never done and it grows in our minds.

Sprint. Take that never–ending, or never–started project, and sprint with it to the finish line. Decide what has to be done, schedule it, and do it. Schedule it on a tight, focused basis to be done in the near future. Just the scheduling and setting a deadline will give you energy and excitement.

The energy and excitement can carry you over the finish line, project done. Then, you'll be sitting at the end of the sprint and wondering why it was so overwhelming in your mind just a short time ago.

It's overwhelming when nothing is being done. It's overwhelming when you build it up in your mind. It's overwhelming when you are not doing anything to progress forward.

Small steps work. A journey of one thousand miles starts with one step.

A sprint feels great. It gives you energy, and you quickly see the positive results. It boosts your confidence when you see and know you can do it, and it does not take as long as you had thought.

Once done, you can move on to the next thing. To finish something feels great.

What do you need to sprint on? Can you sit and make the plan today? If not, why not? When you think of the why not, write it down. Then, make a list of why it would be of value to do it now. Looking at the value, make another list as to how it can be done now.

If the value is strong enough you'll find out how it can be done, now, on time. You'll have the focus, and the desire to do it.

Try a sprint on one project. Once you see the success, you'll be sprinting more often. Good for you!