

Success with Ease

By Caterina Rando

Some people are very successful on their own terms. They don't rush to the next appointment, rush to get off the phone or rush to get a package to the post office. They are confident they will achieve their goals, while enjoying their work and having full personal lives.

Many of us believe that we have to work hard from before sun up to after sun down to accomplish anything. This is not living, it's existing and doing it too long will strip you of your joy for life and passion for your work.

Instead of asking ourselves how we can make things easier, we do things the hardest way possible. We write a proposal from scratch when a reworked previously written one would work fine. We write letters where emails would work. We enter computer data when it would serve us to hire someone else to do it. We don't allow down time between appointments, accept deadlines that are only possible at the expense of sanity, agree to drop something off when it is our preference to ship it, do a project alone when it would be much more fun to do it with an associate, and over-commit ourselves with community organizations to the point that people think it is our full time job. If any of this sounds like your life, I invite you to stop, take a deep breath, decide what you want to change and make an agreement with yourself to begin to pursue a life of success with ease.

There are ways of living and thinking that promote ease and support you. Success with ease is nurturing and making yourself a priority. Success with ease is taking a stand for the way you work, committing to having your work contribute to you as much as it contributes to others. Success with ease is enjoying your work, the process and the results while enjoying yourself and the other aspects of your life. Adopt some of these ideas to add more ease to your work and the rest of your life.

Expect Ease

Release old ideas that pain and suffering are necessary to achieve success. Reprogram your thinking throughout the day with these statements "Success comes to me with ease." "I move through my life with ease."

Know Your Priorities and Live By Them

Make choices based on what areas of your life are most important. Consider different aspects: physical health, emotional health, friends, family, significant relationship, career, home, personal growth, finances, recreation. Which areas are a priority for you right now and which areas are not? Assess opportunities based on how they will impact your priority areas. For example, if you are invited to go skiing with a friend for the weekend, you would go if friends or recreation were your priority areas. If home, significant relationship or finances were your priority, you might choose to pass on this opportunity.

Make Decisions Quickly/Act Quickly

Once you have your priorities in order, making decisions becomes easier. Even though most decisions we make are not major decisions, we frequently take too long to make a choice, pondering possible outcomes over and over. Do not waste your brain power. Decide quickly - do it or don't do it, go or don't go, decide then move on.

De-Clutter Your Life

Do you have too much stuff in too many places? If so, get rid of it. It takes up precious space, causes confusion and sucks the energy out of you. Clean your closets, your desk drawers, your pantry and every other place that is in disarray.

Use Daily Success Practices

Certain things can increase the quality of your day, like getting enough sleep, taking a walk, leaving your desk organized, planning yourself for tomorrow. Daily Success Practices are both personal and professional. Do not give yourself a long list of more things to do. Choose one or two impactful Daily Success Practices for a week. See how well you integrate them and, if you find they support you, consider bringing more in.

Plan Breaks in Advance

Sometimes we think that the sky will fall if we take a vacation, go away for a long weekend or even take an afternoon off. If you plan for time away, you will easily be able to get away, without having to reschedule, cancel, juggle, delegate and rush to get things done. Take a stand for yourself and give yourself needed breaks.

Say No More Often

When a coaching client talks to me about being overwhelmed, the first question I always ask is, "How many commitments do you have outside of your work and your family?" Often, the answer is clearly the reason why the person feels overwhelmed. The unknown author of the often used quote "no good deed goes unpunished" probably regularly said yes when they really wanted to say no. When you say "no" someone may be disappointed; however, that disappointment probably lasts about five minutes until they contact someone else to pick up the slack or find another solution. Start saying "no" and see how good it feels.

Don't Worry

We spend too much time worrying about the future and the past. Yesterday is a memory, tomorrow is a mystery, today is a truly gift. That is why they call it the present." Put your attention and thinking on what you can change. Release worrisome thoughts. They do you no service and can create mental and emotional havoc that makes no contribution to your life.

Create Support

We can all use more support. Support comes in many forms and can help us in a variety of situations. Support can be a walk with a friend, a cup of tea in the afternoon with a colleague you respect, hiring a neighborhood teenager to mow your lawn, take your dog for a walk or take your boxes to Goodwill. Support is getting a massage once a month, hiring an assistant, bookkeeper or a business coach, getting your groceries delivered to your door. Where can you use more support? Go get it!

You can be more successful and have more ease by putting your attention on these ease-enhancing ideas. Watch the ease begin to flow in your life.

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