



Synchronistics  
Coaching & Consulting

## Stop The Madness

Article # 1, *Synchronistically Speaking™* series, March 2009

*This article corresponds with Webinar #1 of the Integrated Leader Program~  
“Leveraging Core Power: The Seven Secrets of Extraordinary Leaders”*

**Do you find yourself running from one thing to the next with very little time to really think about what you are doing and why?**

If you answered yes, you are not alone. Many leaders feel as though they have way more to do than they have time to do it. Their ambition, drive and passion have served them well, and gotten them to a nice place, but still they know they are capable of more. More visibility, more opportunity, more income, and dare I say – more freedom to enjoy their careers and their lives.

The daily grind has a way of keeping us tethered to the ground, feeling as though our best is just around the corner, if only we can get through what’s in front of us, which is often an accumulation of projects, events and other commitments that ends up growing far faster than it shrinks. Every once in a while, it becomes apparent that something’s got to give.

But who has time to slow down when there is so much more to get done? The fantasy many of us have bought into is that if we just work longer and harder, we will get there. And despite our longing to find balance and the sweet spot that will finally allow us to relax and be more effective, we often act in ways that bring greater levels of anxiety and toil. As leaders, we also unwittingly create entire cultures of people who emulate our frenetic behavior in the name of getting ahead.

The hamster in the wheel doesn’t realize he isn’t getting anywhere. And before he can, he must realize that he is, in fact, in a wheel. Our wheels are much more sophisticated and deceiving than those of the hamster. Because initially, our wheels do get us somewhere. It’s just that over time, they lose traction and become stuck in comfortable ruts. And we don’t realize when we’re stuck, because it doesn’t seem possible to be standing still when you are running like hell.

**Are you ready to stop the madness and take things up a notch? Can you conceive of finding a better way to do things? And how badly do you want it? Bad enough to try something that goes against every compulsion you currently have to keep doing what you’ve been doing all along?**

Have you ever noticed that when you upgrade software, the program often needs to uninstall or extract something before it can successfully run? Gardeners know that new blossoms proliferate when the old flowers and branches have been pruned. Bargain shoppers know that stores sell older merchandise at a significant discount to get it off the shelves to make room for what’s coming in the new season.

How about you? What tried and true ways of doing things have lost their leverage? How willing are you to recognize that perhaps there is a better way of doing things than what you’ve done up to this point? All change begins with awareness that is coupled with desire. To move beyond your madness, try the following:

- (1) Pay attention to the times during the day that you feel the most anxious, stressed, or tense. Recognize the pattern of thought or behavior you are engaging in that may be causing this discomfort. This may be a prime area for you to make a shift.

- (2) Ask yourself some discerning questions such as, “What small, but powerful change could I make today that would allow me to be more effective and make the most of my opportunities?”
- (3) Notice what catches your attention in the coming days. The answers to your questions will reveal themselves to you, but you must open yourself up to them and be willing to listen.

In our upcoming webinars, we will be exploring questions like these targeted to a specific leadership focus area each month. These sessions are designed to help you get underneath the ways in which you approach your most significant challenges and opportunities so you can determine and leverage what is working and what is not. Each month you'll receive an article like this one related to the theme we'll be covering.

I look forward to kicking off the program with you on Thursday when we explore the seven Secrets of Extraordinary Leaders, a collection of powerful principles you can use to leverage your challenges and opportunities in ways that allow you to make a bigger impact through your leadership.

Until then, this is Diane Bolden signing off and encouraging you to clear some space in your life and leadership in which to Unleash the Extraordinary!

[www.UnleashTheExtraordinary.com](http://www.UnleashTheExtraordinary.com) (602) 889-2329  
Copyright Synchronistics Coaching & Consulting 2008. All rights reserved.