



Forsooth! Forsythia Bloometh!

Spring is a season to which we connect notions of renewal, rebirth and growth. And, while the seasons repeat yearly, each new spring is different from the last, a result of time's passage. This is the notion of cycle vs. circle. If each spring was identical to that which had passed and that which would come, we'd be going in circles. But a circumstance that repeats with the inclusion of changes wrought by time or greater understanding, is an ever-growing cycle.

Remember the movie *Groundhog Day*? Bill Murray was trapped in an unending 24-hour loop of early February. He'd awaken at 6 a.m., the radio would greet him, over and over, with "I Got You, Babe (vintage Sonny & Cher) Everyone around him was heading in circles. But, with each same *Groundhog Day*, he had the opportunity to experience the day with a perspective built on the prior. He gained something from this odd experience, ultimately growing and becoming a compassionate guy - his unending *Groundhog Days* were a cycle that eventually catapulted him into a new life.

Ups and downs are a natural part of life and business. Facing the same problems over and over is not. Some among us consider this the classic definition of insanity: repeating the same pattern of behavior, knowing it's dissatisfying, with the expectation of different outcomes. Often, we repeat daily, weekly, monthly or yearly tasks and rituals with no sense of change or improvement. We 'put up' with situations we'll 'get around to' repairing eventually. Or we deliberately choose to avoid the repair, feeling that the process will be worse than the status quo. Well, here comes an opportunity to clean out your metaphorical closets - it's Spring, that season of renewal.

Just as you may select a weekend in April to clean out closets and inaccessible corners, pick some time to look at those problematic habits, policies, behaviors or expectations that have been cluttering your business and consciousness. Certainly you and your business are entitled to the same degree of commitment and freshening up as your closet.

Take a moment to check in with your gut, an excellent source of information for this process. Where are you feeling the stress? What's driving that 'never mind' decision you make when you start to think about the situation you know needs to be addressed? What's giving you the headache, stomach upset, sleepless nights that are worse in their toleration than in the repair and resolution? Are you going in circles, faced with the same ongoing problem or challenge? Can you now face this situation honestly and make the conscious choice to remove or improve its impact for you? Look at just one. Break it down into small segments and devise an activity that will gradually deplete the power it has to beat you down. Try this exercise to help: close your eyes and see the giant broom of your will sweeping away the threat or obstacle you associate with this situation.

Personal permission (your acknowledgment that you're entitled to feel better about X) is needed if you are to reach the critical mass point to make real change happen. At that point when your will and commitment come together to take action, a fundamental change occurs which will catapult you to a new level of effective performance.

Spring Cleaning!



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