

MANAGING AN IMMENSE WORKLOAD

March 30, 2023



IN SEARCH OF THE REAL YOU...

Living an Intentional Life... what I call a life worth living... doesn't happen by chance or accident. It isn't created by following a detailed plan with lots of forms to fill out... or a series of boxes to check. No, a life lived with intention is born when you simply begin to follow your heart.

Living with intention requires that you live 'in perfect alignment' with your core principles and values. These principles and values will define you. You are living right now with some principles that help you to navigate through your life. But as you grow and mature, you will develop more understanding. And as you set new and more important priorities you will begin to see things differently. With experience the principles that you live by will increase in number... and as a result you will personally leap ahead in your focus and clarity.

Living an Intentional Life is living a life aligned with your heart. You must take the time to search out the real you. You must learn, adopt and support core principles and values that reflect who you are and what you stand for. These principles will assist you in establishing your Personal Mission. They will guide you in nourishing what is important to you and your loved ones. Some of these principles will align with what is needed in your community. Most importantly... these core principles and values will provide you with the personal path to follow to make a difference in this world.

Stay Grounded...

Nothing is insurmountable if you stay grounded. Remain calm. You must run your life... no one else. Move forward with confidence and clarity of purpose. Do not feel anger. Do not succumb to shame. Stay on task. Focus on resolving the problems one at a time.

Define your problems clearly as challenges rather than threats. Know in your heart that you will be able to bounce back from the issues at hand, even if the way forward isn't always clear at any given moment. You are in control only if you take charge. If you don't take charge... then you will fail. This is not a time to freeze, procrastinate or to withdraw. You must begin to act now!

"Let your passions become your compass."

Your passions will show you the path to deciding
what you should be doing with your life.

The decisions that you should be making. They will define what you recognize as important and essential. Embracing what you love will allow you to grow and flourish. Your passions will bring forward the unique gifts and talents that only you can deliver. Allow them to help you mature... let them move you from enduring another day at work to mastering your craft. Take your passions and help transform the world into an extraordinary place.

Be passionate in a world that has become complacent.

Create a Plan...

Clearly identify exactly what the next steps are... no matter how many. Write them down. Create a simple plan on how you will respond to and then resolve these various challenges one at a time. Begin the process. Continue to resolve the various problems as you gather more information, understanding and options. Don't be afraid to ask for guidance and assistance. Communicate clearly and often.

Establish Priorities...

Once you have a plan, then you must clearly define your priorities. This is the key to resolution. If it is a tragedy, then we must figure out how to stop the heartache. If it is a mistake that we have made, then we must forgive ourselves and move to a new place so that we don't end up in the same situation again. Difficult circumstances hurt our hearts, but they will also help to redefine what is important in your life.

Challenges help you to re-establish correct priorities. These difficult times will remind you of what your responsibilities are. How you need to live and/or how you should pursue your craft. What is really important. Avoid scolding yourself for what should have been done and get moving toward resolving the issue at hand. Remember... it is how you respond and then work at resolving these problems that will get you where you need to go.

Rely on your Core Values...

Many times problems are brought about in our life because we have gotten off track. Always know and remember deep down who you are. Remind yourself of what you have done and the core principles and values that defined you and brought you success before. What is it that you need to do to continue to be that special person that you are.

Re-align with your Purpose...

If you have not established your clear purpose for being here... now may be the time. It will be impossible to stay on track without a clear and compelling reason for your existence. If you have a purpose and personal mission... it is time to realign with it.

Remember... nothing is insurmountable if you stay grounded. True to who you are. On track with why you are here. In a crisis we tend to lose our way. You can't make smart decisions in your life if you don't remember where you are going. Stay focused on resolving your problems and you will. See the end in mind.

When you finish dealing with your crisis and are done weathering your storm, you will be more mature, a better leader, and even more clear on what your purpose is in life. Let this challenging event bring more clarity to where want to go as you move forward.

"Continue to grow into that special person that only you can be."

With great love and respect,

Kent Gordon England