

October 28, 2009

Have You Created A "To Be" List? ***How you work is just as important as what you do***

How long is your "to do" list? Many of you are being asked to take on more duties due to budget cuts and fewer resources. On top of that, there are often thoughts like, *"I should be grateful I have a job,"* and, *"If I don't keep up, they'll replace me with one of hundreds of applicants who are looking for work."* When I ask employees how they're feeling, they say many days they feel overwhelmed, drained, resentful, frustrated, and/or physically unwell from prioritizing the job at their expense.

Yet, it's not necessarily any easier for many who are looking for work and have a "to do" list that's focused on landing a job. Looking for openings, sending in resumes, and following up with connections can create stress, especially when combined with thoughts like, *"I'm worried I won't get a job"* or *"If only I could get a job, everything would be fine."* On tough days, they say they feel anxious, depressed, lost, or even paralyzed to take action but feel the pressure to be positive when asked by others about how their job search is going.

As I think about these two extremes, my thought is, *"Why don't we just shift some of the load between overloaded employees and people looking for work so we'd all have a better balance of time, resources, and money?"* A little easier said than done in this moment, but this is one reason I'm interested in health care reform.

In the meantime, let's not wait on that when you can take action now to transform your situation.

What do you want "to be" today?

For a moment, set aside your "to do" list. What would you like to feel or be today? Peaceful? Lighthearted? Healthy? Kind? Confident? Inspired? Creative? Prosperous? Accepting what is? Not attached to outcomes?



We hear from spiritual teachers about the importance of being vs. doing, but we tend to focus our attention on "doing" and forget the "being." So, how do you want to be today?

Make a note of these qualities where you will see them, perhaps on your calendar, at the top of your "to do" list, or on a separate check list. (Caution: Don't make it as long as your "to do" list, or you may be hard on yourself for not being it all. Rather, think of these as possibilities for the day.)

As you look at your list, notice what you've already experienced today. Was there a moment of feeling peaceful, for example? If so, check it off. If not, think about how you could bring this quality to what you're doing.

How you do your work is just as important as what you accomplish. Your intention carries an energy that is much more powerful than the results alone. Think of the difference between being served in a busy restaurant by a waiter who is feeling overwhelmed by the rush vs. one who exudes a calmness while also focusing on service.

So, instead of making a win/lose choice of getting things done OR being relaxed or happy, for example, focus on accomplishing what's truly important AND being who you want to be.

Live well,

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