

transforming breakdowns into breakthroughs

All of us experience breakdowns in our lives and work. Breakdowns are not an end in themselves. They are symptoms that something in our lives is not working; that we are not paying attention. If we view breakdowns as learning opportunities, we can shift from paralysis into action. Here's how...

PAY ATTENTION!

Sometimes breakdowns occur because our attention is diverted elsewhere. Become aware of where your attention is best placed at any given time in order to optimize your energy and results.

CREATE A BLUEPRINT AND FOLLOW IT

We begin to see where the weak links are when we create a plan. We can then prepare for those obstacles and either avoid them or minimize their impact. As they say, an ounce of prevention is worth a pound of cure.

FOCUS

Typical of our lifestyles is "multi-tasking." Too often that means doing a lot of things well but without excellence in any one thing. Get clear on your limitations around how much you can actually handle effectively. Delegate the rest or schedule appropriately.

RESPOND NOT REACT

Taking focused time on a regular basis allows us to create successful outcomes on purpose and to foresee potential breakdowns. We can then shift from reacting to breakdowns to responding to change.

COMMUNICATE

Many breakdowns are due to miscommu-

nication between people or groups of people. Watch your language; say what you mean clearly and with integrity. Develop your listening skills. Be open to multiple communication styles. This will decrease the chances of miscommunications. As Anthony Robbins says, "To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others."

CENTER

When we are centered we are open to listening to our own wisdom as well as to others. This allows for decision-making aligned with our personal and business integrity. When we are centered, we become the eye in the storm, less prone to emotional reactions and better able to make informed decisions.

NOTICE SHIFTS

Often breakdowns signal that it is time to change something. Or what might be happening is that we have already begun a shift or transition, but we haven't quite caught up to ourselves. Check in with yourself and your staff regularly so you are not caught by surprise.

LEARN

Within each breakdown is an opportunity to LEARN. Discover the positive and make sure you use that knowledge to smooth out the future.

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RE-EVALUATE

Breakdowns can illustrate that our past success strategies may no longer be working for our changing environment. Evaluate where you are or where your business is now. Re-work your strategies to reflect new goals or a new environment.

GET OVER IT!

Breakdowns are a fact of life. Don't waste time pointing fingers or over-analyzing. Handle it and move on.

Next time you feel like you are experiencing a breakdown in your life, work or business, ask yourself: What is it that you can learn from this? What is it that is not working and how can you make modifications to transform the breakdown into a breakthrough!

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