

high performance
Your link to
relationships for
business results.

A Mindset

Inertia: the tendency of a body at rest to stay at rest or a body in motion to stay in motion in a straight line unless disturbed by an external force. Resistance to motion, action or change.

Have you ever noticed when you lack energy, interest or desire, it tends to become an endless spiral downward? Once you are out of shape, it's easier to stay out of shape. Once you make excuses not to do something, the excuses come fast and furious time and time again. Getting the body in motion once again is a challenge.

“A body staying in motion in a straight line...” can also be read; a body continuing to do the same routine. This is not necessarily good. If your routine or behaviors are not getting you the results you want, why continue doing them? If that straight line is into a brick wall, why persist? If your routines consistently end in disappointment or failure, then we know it is not beneficial to be a “body staying in motion in a straight line”. It's the same old thing yielding the same old thing.

“Unless disturbed by an external force...” can be read – until something different is done or something is done to you. Sometimes we choose different behaviors, approaches or routines, sometimes events in our lives force a change (disciplinary action, termination, lay-offs, unsuccessful job changes, applications rejected, failed relationships).

So the knowledge and ability to overcome inertia is essential for success. It is a key to coming back from disappointments and failures. It is a key in not repeating mistakes. It is a key for us to have break-through opportunities and performances.

Recognition. First, we need to recognize when inertia is a problem. What are some possible indicators? Illnesses, weight gain, lack of enthusiasm, career stagnation or decline, decrease in quality of work, lack of improvement, and boredom with work are just a few indicators. This is one reason to take time to reflect about your career, your life, and

FYI

It is amazing to watch the transformation when someone has the desire to take action to achieve their goals.

It is why I do what I do.
YOUR success is MY success.

If you are having or know of someone who is encountering similar barriers in achieving their goals, it may be time to invest in your future by hiring a personal coach. Take the first small action – make a no obligation contact. My information is contained in this email. Only you will know when the time is right.

Until next month –
upward and onward!

your relationships - objectively. If someone else were to see your situation, what might they say? What would you tell them if they reported this to you?

Analysis. Second, analyze whether any of these symptoms are repeating patterns. If you see a pattern in your current job or career; comments you make; reactions you get; or a decrease in your enthusiasm for work it may be significant. It is time to overcome that “body in motion” auto-pilot that got you where you are.

Action. Third, commit to take action. Staleness, boredom, or a decrease in desire may require time off or a dramatic change in your pattern of life. Extended “down” weeks may require revamping your approach to work and life. Trying to complete big projects or tasks that are not enjoyable, or starting a new career can seem daunting so we procrastinate. Taking action or a different action is easier said than done. Inertia has ways of keeping our bodies in the same motion (habit) or not in motion. So, no matter how small, take action.

So, what else can you do? Accept the fact that most of us cannot do it on our own. (If we “coulda” we already “woulda”!) Get an outside opinion – like a personal coach. Enlist friends, family, others to help. Social support and peer pressure can be instrumental in overcoming inertia.

- Enlist others’ help to get outside perspectives. Sometimes we are too close to the issue. Be sure to tell them HOW you want them to help. You may respond best to nagging; someone else through gentle reminders; and yet another by just having someone there to listen.
- Enlist their help to take appropriate breaks. Make a “lunch date” with a friend.
- Ask how others overcame barriers. No one person has all the answers.

Overcoming inertia affects us all at one time or another. There are as many solutions as there are people. Seek and share. Above all, keep taking action! If you notice that you have some of the symptoms mentioned a personal coach is trained to get you through to the next level.