

CHANGING GEARS

Although our thoughts may be focused on our summer vacation and fun activities, it is also a great time to slip outdoors with your notebook and review your goals for the year. How satisfied are you with your progress towards your number one goal? Have you achieved it? If so, it is time to set another. The goal setting process is all about continuous improvement. Have you procrastinated and not even started on your goal? If this is the case you want to ask yourself is the goal still important or do I need to replace it? If it is really important what is the problem?

Last weekend I went to a small town near Trois-Rivieres for two days of cycling in the countryside. I had recently been unhappy with my performance on my bike as I felt I was not keeping up with my cycling buddies as before. My physical conditioning is quite good but something seemed amiss. I had purchased my bike from a racer who had provided various gearing options, so I decided to change the gearing ratio. I also took the time to check the bike and oil the chain. The result on the weekend was enhanced performance in a variety of terrain, both flat and moderate hills, which is what I mostly ride. If I plan to ride in mountains I have another gear option to choose.

Without changing my peddling stroke or doing intense physical conditioning I was able to enhance my cycling performance through problem solving and strategic action. I found myself reflecting on this approach for my work as well and began reviewing my year and asking myself what I need to change to have the results I am aiming for.

One thing is true; if you keep doing what you always have done you will keep getting the same results. Whether you are achieving what you want or not, it is always important to understand what is driving the present results. What is causing your current performance? What can be done to make it even better or eliminate any obstacles or distractions? Is the problem internal meaning is it your attitude or bad habit, or is it external or is it external such as money, other people etc. One thing is for sure, we choose the circumstances we find ourselves in, whether it be the work environment or relationships. The good thing is that when we acknowledge our power of choice, we also empower ourselves to change the situation.

Whether you are slowing down for the summer or are in the heat of action, plan to take the time to strategize on your most important goal. Gear up this summer and choose what seeds of growth and development you will need to plant and nourish to reap a harvest of rewards in the fall.

Have a great summer season.

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