

DRIFTING

Are you drifting through life?

Do you have any plans? Or do you just drift along with the others? Are you in control of your life, or do you allow others to control your life?

We all drift at times. After a period of focused work, it's healthy to take a vacation to sit on the beach and drift, or whatever activity relaxes and rejuvenates you. Yes, to drift for a short period of time is beneficial.

Don't drift today with the idea that tomorrow, or next week, or next month you can start. If you don't start now, you may well not start. If it's worth doing, it's worth doing now.

Yet, in saying NOW, we may take now to get other things done so that, when the time comes, we can focus and not have other distractions. NOW is when we commit and NOW is when we make the plan and put it on the schedule.

If it's not planned and not on the schedule/ calendar, then it is far less likely to get done.

Drifting is natural and automatic. To avoid the drift, you must plan and commit. Yet, drifting happens so easily.

Drift is why I recommend writing your obituary every year at the end of the year. Writing your obituary annually will bring into sharp focus what you have or have not done in the past year. It will also motivate you as you plan for the upcoming year.

Too often people tell me they are not satisfied with what they have accomplished so far in their lives. They wonder where the time has gone. They wonder what happened to all the things they were going to do. Yet, they feel they were busy and occupied.

We all have 24 hours a day and we all use them. Yet, with no plan, we drift through the hours, and they disappear never to be reclaimed. Yet, we have little, if anything to show for them.

I had an employee whose productivity was low, yet she was sure she was busy. I had her complete a chart as to what she was doing every 10 minutes throughout the day. By her own admission she found 40% of her time was idle time. She was so amazed she took it home and used the process on her high school son.

Unless we track it, none of us truly realize the time we waste.

Don't drift. Be alert. Plan each day and record your accomplishments at the end of the day. If nothing, or little was done, it was a day of drifting. Don't drift unless it is a planned vacation as a reward for accomplishments.