



## GREAT NEWS

### “Slow down – let the rats’ race”

I was on a canal boat last week and spotted this sign on one moored up in a beautiful stretch of tree-lined Derbyshire countryside, “*Slow down – let the rats race.*” It got me thinking..., how much of our time do we spend running in a rat race of our own invention? I hope you’ll gain some new perspectives on the choices you have as you enjoy this Great News from Fiona and the team.

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#### Slow down, let the rats’ race!

##### Where does all our time go?

Many times I hear of people who are too busy to do things they say they want to. They can’t believe how time flies by. For some, work spills into evenings and weekends. When we are driven to achieve, if we aren’t careful, that single-mindedness can lead us to neglect other aspects of our lives, such as our loved ones or our health. It can also lead to inefficiency as we lose perspective.

For others, it seems that life is an endless taxi service of kids from place to place and domestic chores, which eat into time. Perhaps it’s a desire to give kids the best start or keep a nice home but at what cost for our own well-being? And even for the kids, could *less* be more sometimes?

Does this feeling of not having enough time alter when we change our lifestyle, such as in retirement, when we no longer have to fit life around work or bringing up our children?

I have been speaking to various retired people about this and it came as a revelation that even *they* say that they don’t have enough time to read

the papers, plan their holidays, get to the art class or get those DIY jobs finished and so on. They too, don't know where the time goes.

Spending a week on a canal boat you might imagine would allow lots of free time - chugging along at 4 miles an hour or moored up with not much to do. However, you would be surprised at how none of my party managed to find time to read their books, I never got round to doing the yoga I intended to, and we all commented on how quickly the week passed.

**So... what is this phenomenon we humans are afflicted with that we have free will, we have things that we want to achieve, but we don't find the time to do them, whether we are retired, on holiday or leading busy lifestyles?**

I believe the answer lies in a combination of:

- a. Deciding what is important and being consciously aware of it
- b. Setting a time frame for achieving it
- c. Using prompts or forming routines or habits to help you achieve it
- d. Having the appropriate frame of mind or attitude

**a. Decide who and what is important**

If your health, family, a hobby, project, or keeping in touch with people you care for are important to you, then make damned sure you know this and bring it to your conscious attention – otherwise the daily and weekly routines will while away and you just won't find the time.

**b. Set a time frame**

If you have all day or all week or all year to achieve something, whether in business or at home, you may take all that time and more! My sister didn't have time to take a holiday when she retired because she never got round to booking it. Whereas, when she was working she had to book her time off and plan when she would go away. On the canal boat, I knew I wanted to spend some time business planning. I decided that Wednesday would be the day. That morning, I finished my cooking duties and got on with my business planning. I didn't set a timescale for when I would do the yoga and it never happened!

**c. Use prompts and habits to help**

I write our social travel and DIY goals on a post-it pad on the fridge door. This includes places to visit in 2008 and people to see. It's next to fridge magnets of some favourite places we have already visited in the world to remind us of the rewards of planning our holidays!

My mobile phone prompts me to progress key business activities on certain days of the week each week. This process has helped many clients in business to focus on doing the right things at the right time for greater results.

Some of my friends who are parents enjoy social lives because they have cultivated routines and house rules so that kids go to bed at a certain times and baby sitters are booked in each week. By putting in place appropriate prompts it helps you create new habits to support you in achieving your objectives.

#### **d. Having the appropriate frame of mind or attitude**

In your life, do you have the frame of mind that says it's a struggle, that there is too much to do in not enough time, or that you have to achieve something. If so – it's probably time to review your attitude, as it's not helping!

I have a friend with four children under 7 years old. She works part-time from home doing administration support for local businesses. She has a menagerie of pets and chickens and to me is a model of having an excellent frame of mind and attitude. Jo and her husband are among the most laid back people I know. They get on with what's needed, sharing responsibilities for raising their kids and earning a living. Despite all their demands, they manage to find time most evenings after dinner to chill out having a bath with a book or watching a favourite TV programme or movie.

They know their priorities, the kids are happy, Jo cooks healthy meals from scratch, and they grow many of their own vegetables. Jo finds time to make dressing-up outfits for the kids and does it with a sense of fun, and amazingly, she even finds time to enter local cookery related competitions!

Their door is always open to visitors, they regularly entertain and they don't get fazed if there are toys on the floor! (But not in the lounge) This couple are definitely not caught in any rat-race. They never complain and they look for the positives. They create their life around what is important to them and they enjoy life to the full, despite a limited budget. Their attitude reflects this. Jo says *"You just have to get on with it and make the most of your situation. I am surprised when I see other people with so much more time and money than we have, but they never get round to doing the things that I would love to do if I were in their shoes."*

Is it time for you to change your mindset for one that stops you racing in a race that's not getting you what you want?

If you think this might be true for you, remember this... a fully trained Great Coach, independent of your life and 100% supportive of you, could be the perfect catalyst for you to gain awareness of what you want to change and how you might go about it. Initial consultation is at our expense, so you have everything to gain by calling us! **01202 257367**

## **Update of our services**

**Life coaching** – to help you gain perspective, focus, confidence and strategies to achieve what is important to you or to deal with change.

**Specialist Business coaching for independent financial advisers and other professionals** who provide intangible services to clients whom they build relationships with. For individuals and firms.

**Entrepreneur coaching** – to help business owners channel their creativity, stretch them and achieve greater results with less stress.

**Specialist Divorce coaching** – “Wise steps for a successful divorce programme” particularly relevant during negotiations and life coaching to help adjust to life after divorce.

**Career progression coaching** – for executives, managers and motivated employees who want to excel in their career.

**Career Direction coaching** – to clarify the best direction for you.

**Workshops** - dealing positively with change including divorce, redundancy, retirement, new role or promotion.