



Everyone knows crazy...



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Regardless of who we are, how we've been raised, what we've done with our lives, what position we hold publicly...we all know crazy.

We know it because we have driven ourselves there and have visited others who land there. The destination is not one of choice.

Business suffers when we fail to recognize the ways in which we allow crazy to play a role in decision making or in process implementation. We all know this.

The question is – what to do.

I have referred previously to assessments, quiet time, and relaxation exercises. It is equally important to practice mindfulness, i.e. the practice of being in the moment, attending to as much as there is to take in from each of our senses. Thomas Edison and Leonardo da Vinci engaged in mindfulness daily.

Much like when I asked you to count the elephant's legs in my last column, when we are stuck in our patterns of thinking, we miss creative solutions, and overlook errors. We are blind to the dynamics in the people we associate with regularly.

The prescription is simple: take an alternate route to your next destination, make it a scenic route and note what seems new to you. Eat food you have never tried before. Play a different mind game in the newspaper. If it is difficult or uncomfortable, know that you are cultivating skills you obviously need.

You'll find credible tools on our web site to help you. Give it a try and then e-mail me to let me know how it's working for you.

Drop me a note at:

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