



Pathways

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At its best, this time of year can be fun and meaningful. It can also be incredibly hectic. In some sense we are moving against the natural rhythm of winter, which gives us many cues to rest, reflect, even hibernate.

Ready, Set, Reflect

Reflection time – time spent thinking or writing, is essential to how effective you are in your life and leadership. It gives you the opportunity to connect more deeply with who you are and what you want to create. Reflection time also creates space for new ideas. How many times have you come up with your best idea in the shower or during your commute? During these routine “in-between” moments, you give yourself accidental space for reflection.

A masterful concert pianist was once asked, “How do you handle the notes as well as you do? The pianist replied, “I handle the notes no better than many others, but the pauses – ah! That is where the art resides.”

Think of a topic that needs your consideration - it can be your big picture vision for your work or an ongoing situation you are facing. Set aside time to reflect on this topic, it could be 15 minutes or an hour. Go someplace where you will be free from interruption - a coffee shop, a conference room, or simply take a walk. Ready, set, reflect.

Warm wishes for a joyous and reflective holiday season!

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