

There's Never Enough Time

If you're like most of our clients, you're a successful, high-achiever. You are committed to doing fulfilling and energizing work, living a life of purpose, and building a legacy. You are intentional about personal and professional growth to reach your full potential. And you want to make a lasting impact in your world, and in your work.

But as you're faced with bigger and bigger challenges, you get stuck at times. Maybe you're overwhelmed now. Maybe you feel like the leader who sent me this email:

"There's never enough time. No matter what I'm doing, I struggle with focus, productivity, and effectiveness. I feel like I'll never catch up. When I'm traveling for work, I am missing my daughter's soccer game. When I make the game, I can hardly resist the impulse to pull my phone out of my pocket and check my email or check my calendar. I'm constantly wondering if I'm missing something important at work."

Have you ever felt like your life is so incredibly complex and chaotic, and you don't know the answer?

We were recording a video a couple of years ago and I remember sitting there listening to the lady that we were interviewing. We were recording her story, and she talked about all of these things that she had done for people all of her life. All her children were coming through adolescence and into adulthood, and then how she served her children and took care of her grandchildren for years as she worked multiple jobs at various times. Here she was approaching 70 years old, and as our interviewer was asking some questions, she said, "The question for me has become, 'when is my life going to start?'" As I sat there for the first time in my life, I remember thinking, "Is this the way that most people live life? They're doing all of these things. And because they have to earn a paycheck, they have to work a certain type of job because they have to do certain things for their family or people they care deeply about. They're doing things for other people never thinking about, 'What is my life meant to me? What do I want to do to be fulfilled in my life and in my work? What do I need to do to have the margin, so I can spend the time and energy with people who matter most to me?'" So, what is it like for you?

Do you feel like you're supporting everyone else – their dreams, their goals, their projects – and you wonder when your life is going to start – when it will be your turn? Does it feel like you never have margin or think space?

What we are not talking about is not serving other people. What we are talking about is being strategic in how we're serving people in a way that allows us to be fulfilled, to create margins, to create better connections and relationships so that we have more to offer the world than just a few frenzied hours, days, or weeks of activity in a lifetime of significance.

I've been there, too. And thousands of people we've worked with have been there. I know what it feels like to regularly face overwhelm – for success to outpace my ability to manage it. To feel like everything important is slipping away – family, health, faith, and team.

For years, I struggled to make meaningful progress. My success often came at the expense of my health and my most valuable relationships.

I couldn't figure out why I kept experiencing these significant setbacks. And why my team members – good, hard-working people – struggled to make progress.