

Excerpt from TS Elliot's 'Burnt Norton', from the Four Quartets:

At the still point of the turning world. Neither flesh nor fleshless;
Neither from nor towards; at the still point, there the dance is,
But neither arrest nor movement. And do not call it fixity,
Where past and future are gathered. Neither movement from nor towards,
Neither ascent nor decline. Except for the point, the still point,
There would be no dance, and there is only the dance.
I can only say, there we have been: but I cannot say where.
And I cannot say, how long, for that is to place it in time.
The inner freedom from the practical desire,
The release from action and suffering, release from the inner
And the outer compulsion, yet surrounded
By a grace of sense, a white light still and moving.

Want more? Check out Maya Angelou's poem: A Brave and Startling Truth

When we come to it

We must confess that we are the possible



MOTIVATION AND GETTING UNSTUCK

Recognizing and Realizing





Write: “If I had the energy today, I would.....”

Listener asks: the 5 Why's.....?



PERSONAL MOTIVATIONAL STRATEGIES

PROCRASTINATION

JUST GETTING STARTED, NOTICING MIND NOISE

RESISTANCE?

NOT THE RIGHT TIME? TRY THE 7 MINUTE RULE

LOSS OF ROUTINE/NEW ROUTINE/I AM DOING ENOUGH?

WORRY, FEAR, ANXIETY, RUMINATION

4 DAILY ORGANIZATION STRATEGIES.....



DAILY MOTIVATION/ORGANIZATION STRATEGY 1:

- > **Make time to plan**, perhaps over your morning cup of tea or coffee
- > **Make a list of 5-10 things you would like to get done today**
- > You can tackle them in any order; check them off once done!
- > *Know your daily flow: writing time, sitting time, GSD time, music*



DAILY MOTIVATION/ORGANIZATION STRATEGY 2:

Chunk it down! Have a task that is big, unwieldy, overwhelming?
Break it into parts, tackle them separately, check them off!

- ◇ Top Drawer
- ◇ Middle Drawer
- ◇ Left side of closet
- ◇ Pile of paperwork on right side of desk
- ◇ Clear out stuff drawer
- ◇ Mud Room Shelf



DAILY MOTIVATION/ORGANIZATION STRATEGY 3:

Hour by Hour

- 9:00 to 10:00 emails & desktops organizing
- 10:00 to 11:00 cleaning, dishes, shower
- 11:00 to 11:15 coffee break, go outside, no email (tech break/fast)
- 11:30 to 12:45 writing project
- 12:45 to 13:00 walk around the block or a 15 min task
- 13:00 to 13:30 Zoom: Mindful Leadership 30
- 13:30 to 14:00 30 min task or lunch, rest time



DAILY MOTIVATION/ORGANIZATION STRATEGY 4:

Variable time tasks: *(if you don't have a lot of open time)*

Make your to do list, and group tasks by time needed, such as:

Short tasks: 5-15 mins

Medium tasks: 15-30 mins

Longer tasks: 30-60+ mins

When you have a moment, or want to MOVE, get something done, or have a 15, 30 or longer block open, go back to the list, and check it off when done!

THINK x 3

FEEL x 3

DO x 3

