

Crazy Makers – the things that get in your way to fulfilled living

We started a couple of months ago looking at the whole area of living from the inside out

We talked about the fact that most people live their life from the outside in.

We talked about the fact that most of us never stop to ask the bigger questions of ourselves in terms of what we believe our life purpose should be.

We talked about how to discover what we believe our Life Purpose is and I stepped you through a process that you could use to help you identify what it is you believe you are called to do with you life.

Last month we talked about designing your life

Design: to create, fashion, execute and construct according to a plan.

Blueprint: a detailed plan or program of action.

You construct your world by the dreams that you have, the words that you speak, the values that you hold and the decisions that you make.

We create our life through our intentions, our courage and or abilities.

Fulfillment is an intensely personal and constantly evolving issue in someone's life.

Your greatest achievements yesterday are the foundations you stand on for tomorrow.

Change is inevitable in life. Fulfillment is that place that we strive for and once we arrive at it is the foundation upon which we stand to reach our next goal.

We did a Life Snapshot Wheel

Tonight I would like to concentrate on the Crazy Makers – the things that get in your way

- Those things
- People
- Attitudes (in us and in others)

That we feel are obstacles to where we want to go, road blocks to our journey through life.

Lets break these Crazy Makers up into 3 areas.

- Energy Drainers
- Unmet needs
- Saboteurs

Our first Crazy Maker is: Energy Drainers

I see energy drainers as either Small Suffering or Protracted Pains.

Energy Drainers are a lot like Texas Fire Ants.

They are small and can often go unnoticed. But if you don't attend to them they can take over your whole front yard.

The other thing with fire ants is that if you see one crawling up your pant leg, if you notice it and brush it off it causes no harm but if you leave them unattended they can cause great suffering.

Small Sufferings are the little things in life.

We usually brush them off as not really important, not such a big deal, the cost of living and we move on.

They can be things like a messy closet, a pile of papers, a cluttered garage, a nosy Neighbor, or an unfinished work project.

Most of us tend to tolerate these things, they accumulate and like a Fire Ant in a trouser leg –you have to do something and you have to do it NOW!!

At that point our Small Suffering graduates to being Protracted Pains.

These issues create tension in us. We are conscious of how they have grown and diminished the quality of our lives. More often than not we accept them either because we accept them as normal or because we don't know how to handle them or rid ourselves of them.

For instance your new business venture takes you away from home and you are constantly on the phone to new and exacting clients. All a part of the Small Sufferings of a new venture.

Then you come home one night and your son declares you have no time for him, your spouse says there is no intimate communications anymore.

You stop exercising, you have low energy and your pants don't fit any more

Although small sufferings are a part of life we don't have to allow them to escalate and create an atmosphere of protracted pain.

Here is an exercise to help you identify the Energy Drainers in your life.

The things that maybe standing in you way to fulfilling your potential.

Step 1: Identification

Sit down and make a list of as many Energy Drainers in your life.

Include home/ community, family, work.

Step 2: Count the cost.

Ask yourself whether enduring the issue is worth the price you are paying.

Everything cost. It will cost you now or it will cost you later – but Energy Drainers always exact a price.

If it is worth the price to you emotionally or financially, then you need to change you attitude and approach to dealing with this area, because you have just declared it a part of you life, not on obstacle.

Step 3: classify each one of these Energy Drainers

Rate them with either a S. on a P.
Small Suffering or Protracted Pains. •

NOW next to each one of these put a date that you are committed to addressing it, confronting it or investigation a way ahead.

Some people even like to Make notations on the ones they can deal with immediately – the next 7 days

Step 4: To change on not to change – that is the question.

You will need to decide how you are going to deal with each of these areas that are obvious enough for you to be aware of.

Until the pain of staying the same exceeds the pain of change, we will not change.

There are 4 basic ways of dealing with Energy Drainers.

1. Confront

Deal with them now.

Put it in your diary today when you are going to clean the garage or spring clean the house on delegate the artwork, or whatever it is that is sucking the creative life out of you.

2. convalesce

Become aware that you are self healing.

Once you decide you are no longer going to tolerate these Fire Ants of Small sufferings, you will normally find that they will no longer fill or consume the vision of your life.

If there is no real action to be taken, sometimes consciously park it and focus on something that will take you forward.

Remember that what we resist, persists

3. Counteract

Commit with a calendar

Sometimes projects or situations need compromise not confrontation.

Establish a realistic time frame that allows you to gather the resources to address the situation.

4. Convert

Turn your sufferings or pain into personal growth experiences.

Learn to respond to life not react.

Ask yourself, How can I grow? What can I learn from this?

Energy Drawer Worksheet

E.D @ Work ^{Date} / S / .P

1. _____
2. _____
3. _____
4. _____

E.D. @ Home

- _____
- _____
- _____

E.D. @ xxx

- _____
- _____

Our Second Crazy Maker is Unmet needs

There is a large difference between having personal needs and being needy.

We have all found ourselves saying: so and so is needy.

And in corporate coaching and pastoring people, it is never the people with needs that are a challenge, but the needy people.

Let me help you with a definition of a needy person. They are the walking wounded. They are alive, but not well.

Things that define them is that they often lie or exaggerate. They are always stirring up a drama in the present or a trauma from the past.

They always assure that every thing is always about them. Every conversation, every phone call, It is always about what they want and what they need.

They assume a level of intimacy in relationships that is not appropriate. If you show them any kindness, they will stick like glue and obligate you to them by opening up and sharing their deepest, darkest secrets and often manipulate from you personal facts you would other wise feel uncomfortable sharing.

Now we have all been 'needy' at one point or another, but it is not an emotionally healthy or mature place to remain.

Now this is different from having needs.

As I have said we all have needs. This is a natural and normal part of human existence.

Trouble arises where, due to being fearful of being labeled 'needy' we don't acknowledge that our needs exist.

When this happens, where we feel embarrassed by our needs we even try to deny them, we drive them underground where they can undermine the very foundation of our lives.

Needs are situational.

When life changes, often needs change.

I have found that whenever a client or congregational members need goes personal, or business changes, their needs change.

When needs are not sufficiently met it drives a person. When it is sufficiently met, it drops to the back ground.

Needs are different from wants and desires. Wants and desires often decrease and desirable but they do not excess the driving force that our unmet need can create.

Maslow's hierarchy of needs is a theory in psychology, proposed by Abraham Maslow, a humanistic psychologist in his 1943

Now remember that as we go. This isn't scripture. It is infallible or doctrinal. It is a useful tool –nothing more or less.

Maslow studied what he called exemplary people such as Albert Einstein, Jane Addams, Eleanor Roosevelt, rather than the mentally ill or neurotic people,

His reason for this was: "the study of crippled, stunted, immature, and unhealthy specimens can yield only a crippled psychology and a crippled philosophy"

Out of this study he derived what he called a human hierarchy of needs.

The basis of Maslow's theory of motivation is that human beings are motivated by unsatisfied needs, and that certain lower needs need to be satisfied before higher needs can be addressed.

General needs (physiological, safety, love, and esteem) which have to be fulfilled before a person is able to act unselfishly. These needs he dubbed "deficiency needs."

He concluded that while a person is motivated to fulfill these base desires, they continue to move toward growth, and eventually self-actualization.

The satisfaction of these needs is quite healthy. While preventing their gratification makes us ill or unbalanced.



Physiological Needs

These are biological needs.

They consist of needs for oxygen, food, water, and a relatively constant body temperature. They are the strongest needs because if a person were deprived of all needs, the physiological ones would come first in the person's search for satisfaction.

Safety Needs

When all physiological needs are satisfied and are no longer controlling thoughts and behaviors, the needs for security becomes predominate.

Needs of Love, Affection and Belongingness

When the needs for safety and for physiological well-being are satisfied, the next class of needs for love, affection and belongingness can emerge.

People seek to overcome feelings of loneliness and alienation.

This involves both giving and receiving love, affection and the sense of belonging.

There are some who have placed sex in the first group in terms of Physiological needs.

Needs for Esteem

When the first three classes of needs are satisfied, the needs for esteem can become dominant.

These involve needs for both self-esteem and for the esteem a person gets from others.

Humans have a need for a stable, firmly based, high level of self-respect, and respect from others.

When these needs are satisfied, the person feels self-confident and valuable as a person in the world. When these needs are frustrated, the person feels inferior, weak, helpless and worthless.

Needs for Self-Actualization

Maslow describes self-actualization as a person's need to be and do that which the person was "born to do." "A musician must make music, an artist must paint, and a poet must write."

If a person is hungry, unsafe, not loved or accepted, or lacking self-esteem, it is very easy to know what the person is restless about.

It is not always clear what a person wants when there is a need for self-actualization.

Why is this important?

Why it is important to be aware of our needs is because our needs drive our choices and possibilities.

If needs and goals do not line up then people find themselves frustrated because they are driven to do something to satisfy their needs first and their goals become neglected or unfulfilled.

When we live a fulfilled life, we make friends with our needs. We are not ruled by them or embarrassed by them. We are aware of them. We may confront them and the issues behind them, but never ignore them.

Tracking and identifying your needs.

Step 1. Acknowledge that you have needs

Our needs are those things that are essential to our life

Essential to us being, doing and manifesting our best

When a need is fulfilled we do not think much about it

When it is not, it can feel like we are drowning and there is no air to breath and no way out

So how do you recognize a need?

We often identify what is most important to us by tracking our emotional response and ebbs and flows

When a need is not met we may feel frustrated, fearful, hurt, angry, and despondent.

An unmet need causes us to feel empty or incomplete or less

It is the nagging feeling that something isn't quite right

Another indicator is that we feel relief when it is filled

Step 2 – identifying the needs that are not being met

William and Menendez suggested in their book, *Becoming a professional Coach*, that the best way to do this is to create a list that will probably fall under four main categories.

1. Need for security

Stability, clarity, financial security, order, information, protection

2. Need for power or influence

Control, wealth, management, freedom, praise, leadership, visibility

3. Need for achievement or attainment

Room to create, achieving results, be busy, be responsible, to succeed, to make a contribution

4. Need for relationship or connection

To be loved, touched, connected, cherished, appreciated, and to belong

If you are having trouble identifying needs, maybe it is because it is hard for you to either admit you have them or you see it as a weakness

Make a list of needs you have.

Pick the top ten

Then list the top three

Step 3 – identify the things that meet your needs

Sit down and reflect on the ways that your needs have been met before.

Think about the activities you were doing that lead to satisfaction.

What was it that drew you to it?

What was I that distracted you from it?

Look over your SS and PP list and see if there is anything there that is a misplaced attempt to meet a need, but has got lost or distorted along the way

For example we may seek attention, when what we really want is affirmation

One is a need, the other makes you needy

Step 4 – make a plan

Examine each need and ask yourself.... how can I meet it?

How can I satisfy this without great effort or cost?

Is there something I just need to acknowledge or adjust to get the desired result?

For each unmet need, come up with three suggestions

Ask those that you trust for their input and get creative

Step 5 – commit to meeting the needs of those that you are intimately connected to

The best way to reap is to sow

Find someone and invest into making their world a better place.

Remember you get what you give.

Our third Crazy Maker is Saboteurs

Leaders are people who love the challenge of pushing into new areas of business and life

They often push personal boundaries in an attempt to meet and exceed their goals.

However along the way they often find themselves derailed or waylaid by the unexpected.

Often these unexpected things can often be recognized as acts of sabotage.

Sabotage is the act of undermining or destroying personal or professional integrity; it creates mayhem in personal or professional lives; and it damages personal and professional credibility. Sabotage can be done intentionally or unintentionally and it can be delivered overtly or covertly.

Now this can manifest in the form of a person, or more often than not a personality trait.

Here are 4 of the most common personal success saboteurs:

Saboteur #1 - Multitasking

Leaders are continuously developing and engaging in a collection of projects and tasks.

Often the need and the demand to do multiple projects at once is overwhelming

While it may feel like you are busy and doing a lot of work, at the end of the day you will find that the purposeful accomplishment of your most important and necessary tasks often does not get done.

I did NOT say your most pressing and urgent, but your most important and necessary.

If you get to the end of the day feeling like nothing got done,
If you look at your to do list and see no 'significant movement'

Saboteur #2 - Distraction & Disturb

Whether you work in an office space or at home.
Whether the CEO of a multinational company or a multi-person family unit you are subject to a wide variety of distractions and interruptions.

In the office, coworkers stop by to ask a question or impose their coffee break or their lack of discipline on your daily planner.

When working from home you can become subject to children coming and going, pets needing attention, package delivery or just the call of the coffee pot right in the next room or your spouse wanting to call in and have a chat about their daily victories or the last idiot who just left their office.

However nothing compares to the distraction of mindless web surfing and the disruption of email.

It has been suggested that for every web based interruption you experience you lose between 20 and 40 minutes of productivity.

You waste the 10 minutes or so looking at something that could have waited and then another 10 minutes or so getting back to speed with what you were doing

Think about it
How many instances of distraction or interruption do you see?
Multiply that by 20 minutes each and consider what more you might have accomplished if you had that time back.

Saboteur #3 – Interpersonal Friction

Friction will rob you of creative energy, curtail your productivity and inhibit your success.

Friction is resistance
Friction is rubbing
Friction is abrasion or roughness

Friction is an inefficiency created by anything that is not supporting you.

It can show up in a variety of ways.
A poorly performing computer or communication system creates efficiency friction.

Poor or ineffective interpersonal communications within your team or organization creates multiple kinds of friction.

An uncomfortable, noisy, or cluttered working environment can create a different kind of friction.

These, and literally hundreds of other causes of friction

You'll want to eliminate as much friction as possible as quickly as possible.

Saboteur #4 – White noise and rabbit trails

This is the little voice inside your head that keeps on going on and on about nothing in particular or something very minor till it becomes an all encompassing obsession

This mind chatter keeps you from focusing all your energy and thoughts into one area and on one thing

They are the mental and verbal rabbit trails that consume us and sabotage our days and projects. You find yourself darting this way and that with no apparent purpose.

4 ways to combat the saboteurs

1. FOCUS

Follow One Course Until Success

You should be aiming to block out and allocate significant time to the significant projects in your life and business

As a rule, I try not to allocate anything less than a 90-minute block to major projects

This allows me 15 minutes to get prepared, 15 minutes to clean up and 60 minutes to focus on the task.

If you have a collection of smaller project that have accumulated as well, then I would suggest you lump them under the title of General Admin and twice a week allocate 90 minutes to hammering them out one small project after another

You need to stay focused during these times

To cope with things like email and web research I allocate 20 minutes 4 times a day for email review and response

And project time for web research.

FYI, the fact that you have 100 emails a day and most of them from a list you have subscribed to, does not make you important, just impotent in your ability to meet you objectives.

2. Revitalize

You should always take a break every 90 minutes or so just to clear your head to help your ability to stay focused through out the day

Remember it is always best to eat 6 small meals a day, every 2 hours or so

This is a perfect way to eat healthy and stay fresh

I would encourage you, not to text messages, emails or phone calls, just relax and renew yourself for the hours ahead.

If you do this throughout your day you will find that you will have all the energy and creative juices you need.

You will not end the day feeling frantic and pressed.

But relaxed and not stressed.

3. Create daily routines

You don't manage time, manage yourself.

Things that cause friction can more often than not be avoided through management and self discipline.

The extent to which you establish predictable routines for regular tasks will free you up emotionally and creatively for the normal abnormalities that every leader faces, thereby avoiding friction

It is not the so called lack of time that hinders you, but rather what you do or do not do with what you have.

4. Rest to renew

Often white noise and its ability to discourage or distract us is a result of fatigue.

We spend so much time focusing on working in our business, that we forget that we are not productive working on our business.

The only way to work on it is to get above the detail.

The only way to get above the detail is to take a step back

And often the only way to do that is to unplug from the entrepreneurial endeavor and step back and take a deep, long breath.

ADD FOR NEXT BLS A WHOLE SECTION ON CARREAR SABATOUGES

http://www.intranetjournal.com/articles/200404/ij_04_08_04a.html

<http://www.businessmanagementdaily.com/articles/16655/1/Neutralize-the-saboteur-4-tactics-for-dealing-with-back-stabbing-co-workers/Page1.html#>