

BALANCING TOMORROW, TODAY™

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Have you ever felt like your life is going nowhere? Do you sometimes feel as though you are stuck in a rut that you just can't seem to steer out of? For the next few weeks we will be looking at how to balance tomorrow's *sanity*, today as I draw upon spring's rural metaphor...mud.

I find my sanity can be directly related to how I feel about my daily life—do I look forward to getting up in the morning, or would I rather stay in bed and put the whole day off. So what is it that makes us feel like life is a drudgery that we must endure each day? How do we get caught in the same old monotonous rut? Why don't we stop and choose a new direction?

If you have ever felt bored with your life, if you have ever wondered if you are missing something in life, or if you just feel like you are going crazy doing the same thing day in and day out, you are not alone! Today we're going to look at what we may perceive as "today's insanity" through the lens of our mud metaphor.

The first thing I learned about navigating the depths of spring's muddy rural roads is to "pick a rut and stick to it." Now this makes perfect sense for mud driving, I found. If you stick to a rut, you have a better chance of staying on the road you are traveling and you lessen the odds of crashing into a ditch. Now, even though traversing mucky dirt roads can feel a bit like surfing choppy waves or riding a subway standing up and not holding on, you'll still get where you are going if you pick a rut and stick to it.

In life however, you may want to end up in a ditch now and then. Of course I mean this metaphorically! What I'm saying is that we can all benefit from a little variety in our lives. Changing our activities and constantly learning can keep both our minds and bodies healthy. It is uncertainty and anticipation that keep life from getting dull and can actually keep us sane.

Why, then, don't we change our focus every now and then so we aren't in the same old rut in our lives? *Have you ever changed ruts while driving in deep mud?* If you have, then you don't even need me to answer this question, but I will for those paved-road dwellers...it's bumpy, slippery, and can knock you clear off the road! I tried it once and only once. It scared the life out of me! And that is my point. It isn't easy to change your path, your routine, or your direction and do it smoothly and successfully...so most of us don't.

If switching paths or "ruts" on the fly is too risky, then why don't we just take time out to stop and re-evaluate what we are doing and where we are going? My rural neighbors are probably one step ahead of me on this one...for fear of getting stuck!

The second thing I learned about navigating dirt roads during mud season is "don't ever stop!" And when I say ever, I mean never, no matter what, because you will surely sink into the muck and will then be truly stuck.

We seem to have carried this fear with us into our lives. Whether we live or drive life's rural routes or superhighways, sayings like "He who hesitates is lost" and "You snooze, you lose" have worked their way into our subconscious and have forced us onto this treadmill of life where we stare straight ahead, following someone else's tracks, and believe we are unable to change our path or stop and think of new ways of living our lives. Now that is today's insanity!

So how can we draw upon the lessons spring mud season has to offer, no matter where we might live? How can we use these lessons to balance tomorrow's *sanity*, today? Consider these tips:

- Having a path or direction is great if it is truly YOUR path and not someone else's tracks.
- Life never has you in a suction grip that pulls you deeper into depths of boredom and monotony. You ALWAYS have the power to choose a different direction.
- When changing your path or direction (driving out of your rut), follow the surfer, skier, or subway rider credo: keep your knees bent and go with it...it's an awesome ride!
- If you expect the unexpected, you'll find it. If you expect the same old things, you find those, too.
- Choose the type of tomorrow you want, today.
- Decide to change one thing in your daily routine today and see how it changes your tomorrow!

Remember, balance is a process...not a destination. *If you'd like to get some ideas about balancing a specific area of life or work, email me I'll take a crack at it. All correspondence will be kept confidential.*

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