



November 2010 – Is it ALL or NOTHING for You?

I recently had the realization of how an all or nothing attitude impacts my daily choices and actions.

For me the ALL or NOTHING arose as I am in the process of purchasing a flat in England that has been owned for the last 29 years by an older (I won't say elderly) bachelor. So you can imagine it is not the most modern or efficient space. I researched renovating the flat by talking to contractors, designers, decorators, plumbers, and reading books and magazines. My research suggested that a full renovation will be very costly and take months of total disruption.

The ALL was doing the full renovation. I am not prepared for that financial investment at this time and don't really want to move out of a flat I haven't even bought yet. So I dismissed doing anything – I unconsciously choose NOTHING - telling myself there was no point even moving my stuff in (I am buying it furnished, if you can call it that) as I'd just have to store it again when I did go ahead with the work, it wouldn't fit, there isn't proper space so no point doing anything.

With some coaching I realized there were many other options – all the space in between ALL or NOTHING. I could create the vision of what the flat would ideally look like (a vision of the ALL) and do some things to get towards that vision (for a start, moving some of my things in). Not perfect and a good step in making the flat a home, my home.

My conclusion is that sometimes it's important to put in 100% effort and go for ALL – striving for perfection. An example would be that business recommendation at work when you are presenting to the management board in hopes of getting an upcoming promotion.

On the other hand sometimes it's important to do NOTHING if you're only going to give it a half-hearted effort. An example would be getting married if you just aren't that into her/him – if that's the case DON'T do it.

And sometimes the solution lies between the two. Making some effort to move something forward although it's not 100% perfect. As many friends are running the Lausanne half-marathon this weekend, they probably won't finish in world record time (actually far from it) and they are still out there in the race, some doing their best and some fighting the weather, injuries and training issues.

Where in your life is it worth doing something even if it's only 50% or 80%? What dream or goal could you move forward by taking action even if it's not perfect?

I would love to hear about the opportunities available to you in between ALL and NOTHING. Or if you want to explore that space let me know.

THINK ABOUT.....

What parts of your life would benefit from ALL or NOTHING?

What parts would be better served with something in between?

Live your potential!

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