



October – Hurry Up and Wait

Hurry, Hurry, Hurry.....waitwa.....it..... wait

This autumn I have spent more time in airports and on planes than at home. In October alone I had 9 flights in 18 days involving 9 different airports in 4 countries and a subsiding typhoon cancelling flights. I commented to someone recently that I hadn't done an all-nighter (staying up all night until dawn) in years and then I remember I had....I was up for 26 hours on the first day of my travel.

The thing about air travel, especially now with increased screening and security, is that you need to get to the airport early enough to ensure you have time to make it through all the line-ups. Once through check-in, security, passport control, duty-free and the toilet then what? You wait. You wait at the gate or in the lounge, you wait in line to board the plane, you wait on the plane until ready for take-off. Once landed at your destination you wait in the plane until it taxis to the gate, you wait on the plane until everyone deplanes, you wait in line for passport control, you wait at the carousel for your luggage, may be you even wait outside the airport for a taxi.

If you travel you can recognize the above scenario. But what does this have to do with life?

What are you hurrying through in your life? Are you hurrying through a difficult time in your life? Are you hurrying through a joyful moment – too busy, focused, or distracted to really feel the joy? When my parents died a few years ago I hurried through the grieving as it was so painful. That didn't work, the pain and loss returned (it was really there all along) and stayed present until I felt it, grieved it and integrated it.

What are you hurrying towards in your life? When I started my certification program to be a Certified Coach I was focused on passing the written and oral exams six months later to get the designation. Luckily early on in the training we STOPPED to spend time determining who we were BEING in the moment and who we wanted to be everyday through the process (it is coach training after all). This allowed me to put the focus the learning, studying, practicing of today, and each day, rather than the goal of getting a designation.

What are you waiting for in your life? Are you waiting for the kids to get out of diapers, day care, the house or college before doing something for yourself? Are you waiting to get a raise, a promotion, a new boss, a new job or retiring before feeling fulfilled? Are

you waiting until you lose 10 pounds (5 kg), run a race, have a full night's sleep before looking after your health? Know that as you're waiting you're missing out on the moment you are living.

The key is don't hurry, and don't wait. Live each day in the moment – it's all you have.

Live your potential!

Anne Taylor

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