

Stuart Showalter  
Child Custody Life Coaching

## Monthly Motivation 2 - Little things

You have made the commendable decision to pursue a healthier and more satisfying life. The difference between those who sit in your position and succeed or fail usually rest upon whether there was a reasonable and attainable plan in place.

You may be ruminating about your desires; lose weight, eat healthier, find more time to relax, get organized, get control of finances and start saving for retirement, exercise consistently and for greater duration, reconnect with friends, strengthen your interpersonal relationships, advance your career, or build a more satisfying and beneficial relationship with your children. It can seem overwhelming.

You can build a space shuttle. Think about it for a moment and what is involved. A series of small tasks; connecting a wire, tightening a bolt, drilling a hole, bending a tube and etc. This is what Henry Ford understood about production when he revolutionized manufacturing. Every colossal achievement is a series of small things. Even the carvings of Mount Rushmore were, for the most part, a series of blast and hits of hammers to chisels. So now start with the little things.

Find a place in your home close to the door you typically use as your egress where you can store you keys, wallet/purse, glasses, coffee container and anything else that normally accompanies you out into the world except maybe the children. That place will be their "home". When you return home so do they. When they leave home, you are leaving home. You won't suffer the frustration or wasted time looking for those items any longer. It's a little thing but you will notice the big payoff once you make it a priority that these items are always at home when you are at home.

Have you started your marathon training? Maybe you tried running 5 miles last weekend -- your first attempt at running since high school. You bought the \$80 shoes, the shorts, shirt and downloaded 45 minutes of 'tunes to run by'. Then you ran the five miles, soaked in the tub, took some pain relievers, popped a few blisters, overslept in the morning and couldn't stand fully erect for nearly a half hour.

Maybe for the past week you never used a drive-thru but instead parked and walked inside. You even saved time by parking in the spots at the far end of the lot. You know the ones where you drive in, there it is with no other cars around and you take that space conveniently located next to the rarely used cart coral. You didn't nearly get backed into, wait for a parent to pull a child out of your path as another vehicle takes that closest spot you had your eye fixed on or have to climb back in from the passenger side because some hammer-head couldn't manage to keep the half-tank vehicle within those brightly painted lines. All-in-all you walked nearly a mile during the week just doing that. There you have a more reasonable start to running a marathon. As an added benefit you need fewer oil changes on your car now.

I don't expect that you will go all out as I have done and get rid of the car [which has been very liberating] but you should get a bicycle for at least the short trips around town. You may actually find that it saves time by avoiding traffic delays and ease of parking. That doesn't include the savings of time from the ancillary benefits like reduced work hours to pay for vehicle usage or increased sickness and time visiting doctors from lack of exercise.

Think of someone that you listened to this week. I don't mean "heard" as in the physiological act of the sound waves of a persons' voice striking your ear drum but, instead, the psychological process of transferring the utterances a person makes into a thought. Doing this without interrupting, without trying to finish his or her sentence, without formulating your response but just listening -- absorbing the thought that person is trying to convey. If you can't recall the specific sentences a person used when talking to you some time in the past week then make it a priority to do so in the upcoming week. Your exercise is to write down the particular sentences the person used, what you perceive the meaning to be and why the person selected you to receive this message.

Understand the truism that you are responsible for where you are in life. There may have been contributing factors imposed upon you but the choices you made when confronted with every opportunity have determined your position. Again, you are confronted with a choice: do you start now with the small stuff towards attaining one of your goals or do you say it is too much to do now?

Stuart Showalter  
Child Custody Life Coaching  
P.O. Box 374  
Lebanon, IN 46052-0374  
Stuart@StuartShowalter.com