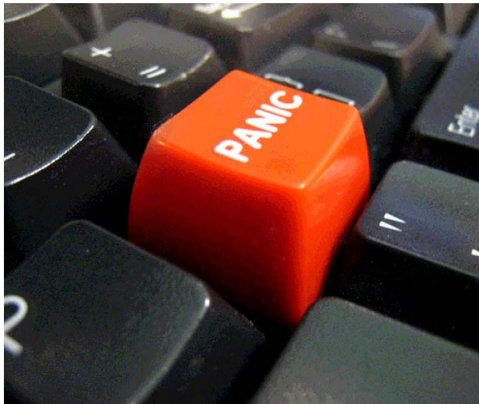


Save on the stress and ...

Panic Early!



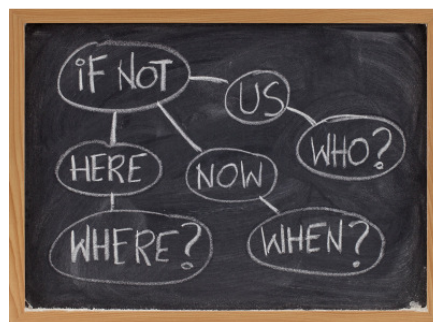
Isn't it incredible what we can do when we have to? All too often we cruise along thinking there is plenty of time to get the job done and then before we know it – aaagh!! It's time to hit the panic button! Then somehow we are able to produce an incredible volume of work and extraordinary achievements - all at the last minute and in a condensed period of time! It begs the question; what could we produce and achieve if we dared to panic early?

This lesson was again re-inforced to me over the last week. It was on a Tuesday when I sat down with a good friend and business associate Natalie for a brainstorming session. She had a great opportunity to honour a global leader in her field who was to be in Melbourne for one day, on Wednesday the following week, some 8 days later. We had known about his visit for some time but we did what many do and put it off until the last possible minute! We discussed and decided what we wanted to do - that was to host a dinner to honor him and have 30-40 people there!

When we thought about it, this was no small task or ask. We would be inviting business owners and high level corporate leaders to this event – people who own and live the word 'busy'! We wondered how, with such short notice, no venue and nothing organised that we could put this together. But we decided to 'have a crack' anyway – we both knew that miracles can happen and with clarity comes sense of urgency.

Clarity brings sense of urgency

Once the decision was made and we had a clear picture of what we wanted to do, we were off and running. Was there some stress? Was there a handful or two of anxiety? Yes to both! Was there excitement and anticipation? There sure was and just over one week later, on Wednesday evening just gone, the dinner was held with 34 guests and was an incredible success!

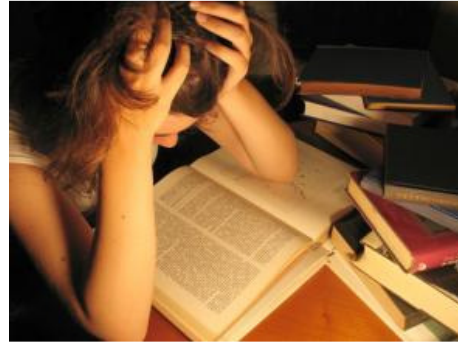


Both Natalie and I marvelled again at what is possible in a short period of time. Regardless of the fact that it was at the last minute, when a clear picture of what needs to happen and sense of urgency is engaged anything is possible. However there has to be an easier way!! I keep wondering time and time again what life would be like if we could develop the mindset to panic early!

Panic before panic is required

The 'I've run out of time and have to panic right this very second' technique delivers a result because there is a definite, and often very undesirable consequence of not meeting the deadline. In many cases it could mean the loss of a job, the failure in a course, the loss of money, the loss of a relationship and/or even the loss of life. None of which are desirable! We have all put in 'all-nighters' to study for an exam at the last minute because we didn't give it the proper attention when we could or should of.

So, we got through didn't we? We got the job done – just! We passed the exam – just! We got the dinner organised – just! But what about the quality and what could we have achieved if we set our own deadlines and panicked early? It is the difference between an A grade and a C. It is the difference between optimal health and average health. The difference abundance and mediocrity ...



So, which one do you want?

We all want abundance ... don't we? I mean no-one is lying awake at night wondering how to be mediocre, how to struggle financially, how to have less than ideal health and uninspired relationships. Yet, that is what many people get. Why? Because they leave all the important things to the last minute and then panic to try and deliver a quality result – in most cases this is not possible. Yes, this attitude will get the short term job done but believe me when I say it is a mindset that will potentially lead to long term pain and suffering.

I mentioned earlier in this article that clarity creates sense of urgency. In other words, when we know what we want, why we want it and when we want to have it then we are off and running. If we can develop the habit of making this decision early then we will have all the same excitement and anticipation, but without all the stress and anxiety of trying to do it at the last minute. We will have time and perspective to fix mistakes, solve problems and fine tune to ensure what we deliver is the best it can be and give us the result that we really want – not the one we will often have to settle for.

Panic early then glide like a swan



The people who seem to do things so effortlessly are the ones who panic early. They sit down and create a plan at the earliest opportunity. They focus on the end result and the rewards of a successful job. They gain clarity and set smaller deadlines along the way. They love the feeling of success and they take total responsibility for themselves. They take immediate action and they create urgency around making sure the deadlines are met. They don't focus on avoiding negative consequences, they focus on abundance ... **they panic early and they get the job done with ease!**

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