

Life flows smoothly when we Reduce the Friction



Do you remember sitting in a Maths or Science class at school - with eyes glazed over - confused and bored thinking how and when will I ever use this stuff in real life? I vividly remember thinking it many times ... and I was a maths and science teacher!! Well, if that were you, then what I am about to say might hurt! Some of the stuff that you treated with such contempt and indifference could be the secret to you moving smoothly forward from here and achieving great things in your life ... or not!

Today's Science lesson is all about force and friction. Let's say there is a big box and you need to move it in a certain direction. What do you have to do to get it moving? Push it – would you agree? By pushing the box we are applying a force to that box in the hope that it will move in the direction of the force we are applying. Make sense so far? Does it always move? No, it doesn't – why not?

The reason why the box doesn't always move, or why it may be really difficult to move is because of **friction**. Friction is a force that is opposing the direction in which you are trying to push the box. In this scenario friction may be increased by the weight of the box, the surface the box is sitting on, the surface of the box, any wind blowing in the opposite direction that you are trying to move and any other things that are making it more difficult for you to move this box. So what do we do?



FRICION IS A FORCE THAT ACTS IN AN OPPOSITE DIRECTION TO MOVEMENT.

Increase the force or reduce the friction?

The most obvious thing for many people would be to simply increase the force or effort applied to the box. When the force applied is greater than the friction, the box will move. As we apply this analogy to our lives the first question we need to ask ourselves is, "Am I doing enough work and applying enough force to move my life from where it is to where I want it to be?" For many of us the answer is 'no'. If that is you, then maybe the insight from this article is for you to work a bit harder and apply a bit more force to the thing in your life that you want to get some movement and momentum with. But wait, there's more ...

Applying more force is only one of the options, or just part of the solution, to get things moving. But if we simply rely on applying more force we will end up exhausted and burnt out, as many people do, trying to overcome all of the friction in their lives on their own. We keep hearing the concept of working 'smarter NOT harder', but I have to admit that for a long time I had no idea what that meant or how to achieve it. Now I understand clearly what it means - it is simply applying our science/physics lesson that we treated with such contempt as we sat in class. We would be working much smarter, our lives would be flowing more smoothly and we would get so much more done if we could simply **reduce the friction!**

Reducing the friction



Let's say your box has been sitting on a gravel driveway and you give it a push, how far will it move? Not far, if at all. But what if we placed it on the ice at an ice-skating rink and gave it the same push ... much easier right? So if we can apply this very simple science/physics principle to our lives then surely our lives will move much more easily in the direction of our choice. So how can we reduce friction in our lives?

The first step is to think about the forces that are currently working against you right now and stopping you from moving forward to achieve the things in your life that you really want. Do they include; fear, negative self-talk, lack of self belief, relationship issues, distractions like TV and the internet, hanging around the wrong people, listening to the wrong people, not enough knowledge or resources, the wrong knowledge or resources, trying to do it all alone, poor people skills and the list goes on. My advice would be to make this list of the things that are creating friction in your life – do it now!.

The second step is to get some clarity in your life. What do you really want? Why is that important to you? Is it health and wellbeing issues? Is it money issues? Is it relationship issues? There is friction happening in any area of your life that is not as you would love it to be.

The third and most obvious step is to start methodically and deliberately reducing the friction in your life. Maybe the first thing to do, as I wrote about in last week's article, is get some help and support from a trusted friend or mentor. Why not remove distractions for your life and start focussing on positive outcomes, positive associations and positive self talk? Why not believe in yourself and your incredible power? Why not learn what you need to learn to be the best person you need to be? What else for you?



Now is the time to grease the pole, lubricate the pistons, sharpen the knife, reduce the friction and start working smarter, not harder, to glide to a happier place. **Have frictionless week!**

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