



Are You Ready For Planned Abandonment and More Time?

Whew! It seems like Brett and Danielle just started school and now we are putting away the Halloween lights and decorations. Where did autumn go? September and October were full of speaking engagements, coaching clients and teleclasses. I got what I wished for – empowering people to fall in love with their lives. My wish also meant I ended up being away from home many evenings...too many evenings.

All fall I was looking forward to a Minnesota Coaches Association meeting with an international expert on branding. Our association was so excited we decided to phone all 346 members and personally invite them to this really special speaker. I personally phoned 29 coaches and invited them to this special event. I told each of them I would meet them at the meeting!

The day of the event I choose not to go. Frances Hesselbein, former CEO of the Girl Scouts and president of the Drucker Foundation, calls this “planned abandonment,” which is deliberately abandoning even good things in our lives so we can focus on a few priorities. Yes, setting priorities and determining what to abandon can be difficult. My priorities are to be a wonderful wife, caring mom and empowering speaker and life coach. Being gone so much I didn’t feel “too wonderful” or “too caring” with the people I lived with.

Why is planned abandonment a great idea?

- First, it reminds us to focus on what we really want and who we really want to be.
- It helps us look to our future and not our past.
- It helps us to focus on opportunities in the future, not problems of our past.
- It helps us focus on what truly energizes us and ways to get more energy and, hopefully, get rid of some of our energy drains.
- I wish for you to be able to take the time to create a little “planned abandonment” so you can feel the joyful spirit of the upcoming holiday season. Why? Abandoning things today creates the space for your possibilities of tomorrow. ••
- What are you waiting for? The best possible holiday season of your life is a waiting you when you decide you want “purposeful possibilities.”

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