

The week before a holiday.

Recently I was talking to a participant on one of our workshops. During our conversation he said he wished every week was 'like the week before I go on holiday'. I asked him to explain more whereupon he said that the week before he went on holiday he made sure his 'to do' list was absolutely up to date rather than his usual rolling 'to do' list. He became an effective delegator rather than trying to do everything himself. Stuff that he had kept for weeks to read 'when I have a quiet moment', but which was unimportant, he binned. And, he made sure all the important action items were actioned with a plan for while he was away. He also said that, in the week before a holiday, all these tasks took half the usual amount of time because he knew he had a deadline and so he was very focussed. In addition he always felt really energised during the week before a holiday as he was looking forward to the holiday.

All of which got me thinking ...

How often do we procrastinate because there is always tomorrow?

How often are we REALLY focused on what we are doing?

How often are we looking forward to what we want (and gaining positive energy from that), rather than focussing on what we don't want (and receiving the negative energy that accompanies it)?

In the bonus tip below, Nic Askew also explores the idea that many of us put off things until tomorrow – including smiling! Nic's short film explores one woman's thoughts on living for today with a smile on her face because, as she says, 'you don't know what will happen tomorrow, so, why not smile today?'

Food for thought?

Gill Graves

Who do you know who would like this tip? Help them and us by forwarding the tip on. Thank-you.

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Bonus tip: Smile!

Click the link below for a short (5 minutes) inspirational film from Nic Askew entitled 'Smile'.

<http://link.brightcove.com/services/link/bcpid1305214221/bctid1305002330>

You can see more from Nic at <http://www.monday9am.tv/>

More tips can be found at www.iridiumconsulting.co.uk/links.html