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"Quotes"

*"I kind of had a...crisis[.] *** I had worked[.] Then I had a real quiet time, not having work, and it was a time of not only self-discovery of me as a person,*

but also what I wanted as an artist and actor."

~Annaleigh Ashford

"It's important to have quiet time and isolation."

~John Burnside

"I don't think we spend enough time in reflection and introspection. We don't know who we are as individuals in this culture anymore."

~Naomi Judd

"I'm an early bird, partly because I like to have some quiet time and partly because by 9am emails begin arriving, the phone starts ringing and I have dragons to kill of one sort or another."

Quiet Time

Breaking news...

The pandemic has brought a whole new meaning to work-life balance! (Did I hear a "Tell me about it!" from you?)

We've all laughed at the commercials and TV programs showing adults, in the midst of the pandemic, trying to work with kids crying, family members photobombing virtual meetings, or attempting to get food on the fable with baby on hip and cell phone at ear. My favorite was a scene from *All Rise* in which one of the attorneys was taking her meeting, hiding in the closet, because she was sheltering-in-place with her brother and sister-in-law and the closet was her only refuge from nephews who wouldn't give her a moment's peace.

Yup, for many, there are points in the day when quiet time is only a dream.

Strangely, though, even in the madness, this season has offered us a different cadence. And, oddly, it has afforded a rare opportunity for perspective-setting.

So, join me for this month's edition of **EA Insights**. In it, you'll find food for thought for use in whatever time you do have just to be still. May your quiet time be fruitful!

All the best,

June

June Melvin Mickens
Executive Advantage, LLC

What Are Your 3 Things?

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Think about the COVID-19 season and, for a moment, set aside the horror of the disease itself.

As I connect with clients and others, what I'm finding is that in the midst of this unprecedented period -- suddenly facing 24/7 family life, a wide-scale switchover to virtual work, social distancing and personal safety requirements, etc. -- a hidden opportunity has emerged. There's a



chance, if we choose to use it, to do a little introspection. Many are reporting that there's been time to slow down...just a bit...and reflect.

So, let me help your thinking with two questions.

Why? My hope is that you actually can use this unusual time. I invite you to do some heavy lifting now, before restrictions are fully lifted and life gets hectic again, and to make this season productive.

With that in mind, here's the first question: **What are three things you want most that you don't have?**

I encourage you not simply to envision *stuff*. Yes, your immediate response may relate to a purchase that's been on your wish list for years, but dig deeper. What is your dream for you (not what others think you should want)? What is it that you really desire to do, to experience, to become...at this stage of your life? Take some time on this one.

Here's the second question: **What three things do you have that you're just tolerating?**

Honestly, there are some parts of our lives that we're holding onto that probably should be released. They're remnants of the past that have served their purpose. They're bad habits. They're compromises or excuses that prevent forward movement. Yet, there they are...still. What is it that falls into this category for you?

Now, look at your two lists -- the three things you want but don't have and the three things you have but don't need or want. If you, like most people, just scanned those lists and sighed deeply, I have a third question for you.

What are you going to DO about it?

Don't get me wrong. You deserve a pat on the back for taking the time to be honest with yourself and developing the two lists. I know that might have been a difficult exercise. However, it was an exercise in futility if nothing becomes of it.

Issue identification is an important step, but it's only a first step. After the realization comes the need for movement -- for determining how to tackle the items on your lists and then beginning the effort to carry out those plans.

So, again, what are you going to DO about it?

Well, let me offer two aids for your "doing". First, feel free to look back at [5 Keys for Planning that Yields Results](#) and other articles in the [EA Insights archives](#) for more on ways improve your outcomes. However, many find that having a thought- and accountability-partner is invaluable as well. So, if you're ready to take that next step, call on us at [Executive Advantage](#). We're here to help you not only engage in that honest look within, but also to confront the challenges that may be impeding your movement forward toward professional and/or personal success. [Contact us today](#).



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~Andrew Motion

"I love that quiet time when nobody's up and the animals are all happy to see me."

~Olivia Newton-John

"I went through a phase of deep introspection. I realized that..., I was getting burnt out and not concentrating on quality. I...was working like a machine. When I saw the result..., I felt that the work I'd done was horrible."

~Amala Paul

"We need quiet time to examine our lives openly and honestly - spending quiet time alone gives your mind an opportunity to renew itself and create order."

~Susan L. Taylor

"The most important thing about a person is that you know who you are and what you want. You should be capable of introspection and evaluate yourself."

~Louis Van Gaal

"I...love just having a quiet time, sitting in my little library at home...and reading or watching documentaries or listening to music."

~Alek Wek

About Executive Advantage

At [Executive Advantage](#), we are committed to providing results-based business and management consulting, leadership development, and coaching support. We partner with business leaders to build healthy, well-functioning organizations, where goals are met and people thrive. We also partner with individuals to create professional (and personal) lives with clearer direction, improved results, and greater balance.

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