



JUST DO IT!



I love this slogan and I have for 25 years. As a staff auditor in public accounting just one year out of college, my supervisor had asked me several times if I had finished something. Despite picking it up, refreshing myself on the questions I needed to ask on some transactions and preparing to talk to the CFO, I had been unable to get in to see him several days in a row. She looked at me and said, 'Kim – Just Do It!' in other words make it happen. All the time I had spent refreshing and preparing several days in a row – every time I picked it up and put it down with little or no progress – all my good intentions had resulted in no positive action or resolution.

In working with this supervisor, she taught me the concept of 'Touch it Once.' In other words strive to never pick up the same piece of paper twice. Just Do It!

It also meant to me, 'Empower Yourself to Make Something Happen.' Get creative and find a way to get in to see the CFO. I hadn't really been very direct in telling him I needed some of his time. I had just been hoping to catch him when he wasn't busy. And when exactly did I think he wasn't going to be busy?

It also meant to me 'Get Out Of Your Own Way.' In actuality I probably had some fear about meeting directly with the CFO and needing to be prepared. Preparing several days in a row for the same conversation hadn't gotten me over the fear enough to be creative and persistent because I wasn't addressing how unwarranted my fear was. I wasn't stepping up.

With all of these – Touch it Once, Empower Yourself to Make Something Happen and Get Out of Your Own Way – I came to realize how quickly the agony of not getting something done can be replaced with a sense of accomplishment and energy. Further, I came to realize how many times I would allow the agony to replay before I chose to change. I now call it ‘the Agony of REPEAT!’

I coach clients on a variety of topics including Procrastination, Time Management and Efficiency, Organization, Feeling Overwhelmed, Facing Fears, and even Dreaming. I am amazed at how often the concept of ‘Just Do it’ allows them to solve their own problems. Of course reflecting on what has had them stuck reveals rich life lessons and creates the value.

Allow yourself to be deliberate and intentional in your actions – then Just Do It!



Are YOU ready to be an All-Star?

If you've been thinking about Executive Coaching and want to explore how it might help you, I'd love to talk. Reach out – Just Do It!