

a monthly newsletter from

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helping people create happier, more passionate lives!

Holiday Baby Steps

I've felt distracted lately. I've had a lot of extra time scheduled at work, I put a lot of mental energy into the recent elections, I've been doing some new trainings and...well...I've felt extremely preoccupied.

For example, this email was supposed to go out last Monday. It did not. Distracted.

A coaching colleague of mine gives the analogy of spinning plates...where you run from plate to plate to try to keep them all in the air. And why? To give the illusion that you've "got this"?

This feeling of distractedness and preoccupation is not likely to get a lot better as we move into the holiday season. It's so easy to get all caught up in the feelings of overwhelm. It can feel like there's not enough time, enough money or enough patience to make it through the end of December.

For many of us, though, when we start to feel overwhelm, we react in the worst way...we do nothing. We feel paralyzed by the sheer quantity of "shoulds", "musts" and "can't forgets". Remember those plates, spinning in the air? Suddenly we feel like the ones spinning in the air, getting nowhere fast, and feeling dizzy and more distressed all the time.

Sound familiar?

Maybe there's another way.

Instead of falling into the whirlpool of overwhelm, I want you to just take one small step. The smallest, tiniest, teensiest step you can think of.

I know. Sometimes it's hard to even come up with one "doable" step. That's why I want you to keep it small. Think of one task you've been avoiding or feeling overwhelmed about, and just find one small step in the right direction.

When I realized I was behind on this email, my first thought was to just skip it this month. I was trying to get out the door to work, and I had a full day of "stuff". Immediate overwhelm. Instead of just walking away from it or fretting about it, I opened a Word document, I typed in the date, and I wrote about half a sentence. I left the document open on my computer and went to work.

That's it. But that one step helped me leave the feeling of overwhelm behind. There's a great saying that goes, "Yard-by-yard, life can be hard. But inch-by-inch, life's a cinch". Silly saying, but really true.

PLAYTIME

OK, let's put this into action. Think of the things you want to accomplish for the holiday season. One good small step is to just make a list. Seeing on paper the things you want to accomplish can help diffuse them.

OK, go ahead. Make your list.

Now, what's one small step you can take toward completing one holiday task? Just one task, and one teeny step. When you're thinking of a step, ask yourself, "Could I make it smaller? How about smaller yet?" And, when you land on the teeny step...take it.

Give yourself some appreciation for that one step. Each small step can build on the previous, to the point that things are accomplished. Which might just leave you feeling awesome!

Inch-by-inch, there's no more Grinch!