

Observing the speed limits

By Bob 'Idea Man' Hooey

Most of us, if given enough time to think about it, would realize what truly enriches our lives, what makes us happy, gives us joy and a sense of purpose or pastes a grin on our chin. Our problem - we are driving too fast to even notice! We're so busy working overtime, meeting deadlines, chasing career opportunities, and running yellow lights that **we don't notice**. And the things we value, that bring true riches to our lives, are lost in the blur. The hectic pace at which we live is costing us more than we realize; often what we say we value the most!

As we crowd each day with more work and activities than it can suitably hold, a heavy penalty is extracted for resisting our impulses to rest. If I can only get this project done, if I can only land this contract, if I can only...then I can rest. As a speaker and trainer, I am constantly stretched in this area. Left in our wake, amongst the swirling dust are our friendships, our health, our family and our connection with our Maker.

When I was somewhat younger, I remember saying (after watching my folks and their age group) that **I'd rather burn out than rust out!** Boy was I wrong, and arrogant too! That attitude and the speed in which I, like many of my generation pursued my dreams and careers; led me to a premature burn out, and the loss of a marriage and a business I loved. A harsh lesson to be learned for **not observing the speed limits in my life**. I have applied and built on the lessons from this lesson, and share them as I travel North America, challenging my audiences to seek increased productivity and balance in their lives and careers.

We are living too fast, and the casualties are piling up along our causeways. In 1976 there were 3.3 million single-income, two-parent families here in Canada. In 1998, even with our population growth, there were only 1.8 million. We are losing ground! Only 58% of Canadians take any holidays from June to September - way down from 76% in 1992. Our excessive speeding is having an impact on our families, and those we love most, our kids. **It's killing our communities**. People hardly have time to stop and talk with their neighbors anymore. Been broken into lately? Wonder why no one saw anything? **No one was home!** We were all so busy speeding off to a meeting or to work.

Slowing down in a speeded-up world is not quitting your career, or abandoning your dreams and your desire to provide for your family. **Making an impact** in this world requires that we slow down at least long enough to focus on the things, which matter most, and the people we love.

There are times when we simply must grab the wheel, gulp our latte's and drive. But more importantly, there are times when it is deadly serious to pull over in a rest stop, and rest for a while. Time to pull over and take a walk, to think and reflect on our life and our destination. Time to make sure we are actually heading in the right direction. We may be making good time and progress; but are we working towards a goal that matters to us, that makes sense for our families, and that adds value to our communities? **Pull over and give these questions some thought! You will be glad you did!**

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