

Shifting

The Art of Switching Lanes in Life

September 5, 2019

Take the Lead

— content provided by BOCALEAD —

Express Lane: Where you plan and design strategies to run your business or the details of your many-faceted commitments. Here is where you work “on” the business and not “in” the business.

Passing Lane: Where you are in high productivity mode, getting things done. Even though the Passing Lane is vital in helping you get your job done, it is not a consistent place to live.

Bike Lane: Where you build trust as you slow down and connect with others.

People need to:

- believe in what you are doing — vision,
- believe in what you say you can do — competence,
- and do it in a timely and fair way — character.

This develops trust.

Private Lane: Where you engage in deep conversations and develop long-term relationships with family and loved ones.

Walking Lane: Where you recharge and protect yourself from burnout. Recharge, Rest, and Reflect.

Turning Lane: Where you make a course correction after your mistakes. Admit, Act, and Ask.

I was wrong. I am sorry. Will you forgive me?

Conclusion: Shifting begins with being mindful of your attitude toward increasing self-awareness.

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Express Lane: Where you _____ and _____ to run your business or the details of your many-faceted commitments. Here is where you work “____” the business and not “____” the business.

Passing Lane: Where you are in _____ mode, getting things done. Even though the Passing Lane is _____ in helping you get your job done, it is _____ place to live.

Bike Lane: Where you build trust as you slow down and connect with others.

People need to:

- believe in what you are doing — _____,
- believe in what you say you can do — _____,
- and do it in a timely and fair way — _____.

This develops _____.

Private Lane: Where you engage in deep _____ and develop long-term _____ with family and loved ones.

Walking Lane: Where you _____ and _____ yourself from burnout. _____, _____, and _____.

Turning Lane: Where you make a _____ after your mistakes. _____, _____, and _____.

I was wrong. I am sorry. Will you forgive me?

Conclusion: Shifting begins with being _____ of your _____ toward increasing self-awareness.