

FAST START #3: Getting Out Of The Grey Zone

In The Power of Full Engagement, Tony Schwartz talks about the idea that most of us, most of the time, mix together different things we're doing. We rarely focus on just one thing at a time, and this robs us of both enjoyment and productivity.

Let's say you have a great family, and you also have great work that you do. And let's say the work is intense, and you've become a certified workaholic. When you're with your family, you're thinking about work... and when you're at work, you're thinking about how you should be spending more time with your family.

This is the Grey Zone. You can't be fully present at work, and you can't be fully present with your family.

The tragedy with the Grey Zone is even though you mean to do well in BOTH areas, you end up doing poorly in BOTH... because your focus isn't "clean." You're robbing both - and you're at about 50% of the efficiency that you could be.

So... where are YOU living in the Grey Zone? In other words, where are you mixing your life up, trying to do a bunch of things all at once? Where do you not feel like you're putting 100% of your attention into one thing? Where are those times and areas of your life?

First, make a list of all the things you do where you're in the Grey Zone. This should take about 5-10 minutes.

Next, get some awareness about what IS important in your life. What are the things you're trying to do, but you're in the Grey Zone? What are the things you want to start putting all of your attention into, in focused chunks of time? Go back over your list of Grey Zone areas, and put a star next to the things you need to pull out and focus large chunks of uninterrupted time on. Pick at least 1 emotional, 1 physical, and 1 logical. Combinations are fine.

Later in the program we'll go deeper into each of these areas and projects that are so important to you.

