

PEAK

PERSPECTIVES

The Monthly E-Newsletter of
Peak Pathways, LLC.

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Dreams Set the Direction, Courage Charts the Course

"When we are sure that we are on the right road there is no need to plan our journey too far ahead. No need to burden ourselves with doubts and fears as to the obstacles that may bar our progress. We cannot take more than one step at a time." Orison Swett Marden

Most people have terrific ideas, goals and dreams for their career and life. Some people readily achieve them; unfortunately many others do not. Typically the difference is planning and execution. Ideas, goals and dreams may be inspirational and very appealing but they do not constitute a plan. Similarly a plan with detailed steps, time lines and various metrics is not the same as execution of the plan. The best ideas and plans that are not acted on cannot produce results. Ultimately it is the amount and frequency of action that differentiates the achievers from the non-achievers.

The above is of course very rational. The underlying question is - why do great plans and ideas all too often die on the vine because little or no action is taken? The answer is always personal but at the heart it is emotional resistance. However, rather than take time to recognize the emotion and address it, most people polish or revise the plan, get distracted by something that may be better, easier or less risky, and then create one excuse after another for not getting on with it.

If we can pause and reflect long enough to identify the underlying emotion blocking the action – fear, pride, self-

About Peak Pathways

The focus of Peak Pathways is on the leader with services in four key areas:

Leadership/Executive

Coaching helps leaders to personally grow in areas important to business results.

Career Transition Coaching

emphasizes accelerating success for leaders facing new roles and responsibilities.

Team Coaching

is working with staff members at various levels to reach new heights of productivity and personal satisfaction.

Team Selection & Development

creates strategic plans and routines to hire and develop the right person for every job.

doubt, anger or anything else – we can begin to manage it. The emotion will probably not go away, but we can find the courage to overcome it and move forward with positive action.

The Anglo-French origin of the word courage is heart. Courage is not a rational decision but an emotional commitment to something more important than the emotion blocking the action. Finding courage is looking inward to your heart's desire of what you truly want strongly enough to overwhelm the emotional resistance and take the action.

May your 2017 be a year of courage and dreams fulfilled!

As always we welcome your questions and comments.

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Profile XT® Leadership Approach

Great leaders aspire to be as effective as possible in the myriad situations they encounter. Becoming aware of your strengths to exploit, and potential challenges to address, is the first step in developing and refining leadership skills. To this end, The [ProfileXT® Leadership Approach](#) is a tool designed to illuminate your inherent executive potential and your approach to confronting challenges, while achieving excellence in leadership by predicting how your characteristics will manifest in your behaviors.

For more information please visit our [website](#).

Past issues of Peak Perspectives can be viewed [here](#).

