

The Waiting Game

Whether traveling by air, by car, by train or otherwise there is always one thing you can count on—delays!

When an event that has been planned on a tight schedule comes together and fits nicely like a puzzle, we rarely notice the beauty of how all the elements around us including people, traffic, and time all work in our favor—in perfect timing and harmony. But, when obstacles get thrown in our way, such as a slow driver on a one lane road or extended flight delays, we get frustrated and angry.

As Americans, we hate to wait and we feel cheated or disrespected if we are delayed. I'll bet that you have said to yourself at least once or twice, "I wish I had more time." Well, being faced with delays to or from an event or meeting may be that "more time" we wish for. (I used the time during my 4 hour flight delay on my way back home to NJ to write this newsletter.)

What could you do to occupy your time the next time you are delayed?

You could:

...take a look around and notice your surroundings. You may notice something interesting, funny or beautiful that you wouldn't have noticed if you were rushing around.

...strike up an interesting conversation with your neighbor on a flight or in a waiting room. You may meet a future client, referral or a new friend.

...jot down some ideas you've had for that book or project you've always wanted to create. Taking a few baby steps toward your goals can be quite rewarding.

Or you could just take the time to be grateful for those times when you are not delayed. :)

Keywords: Delays, Time, Waiting, Productivity

Doreen holds an MBA and is a certified professional coach and workshop leader at Way to Goal! www.waytogoal.com. Doreen specializes in helping people overcome their obstacles clearing a path to their goals.

Copyright 2009 Doreen Amatelli. All Rights Reserved