

The game of life:

Knowing when it's time to sit, walk or jog.

As with all things in life moves up and down, in and out like the tides of the ocean; the waves roll in at times, at other times they crash in, like a rip tide tearing at our feet. We need to know how to respond at whatever is thrown our way. Usually we have time to think about how we can react to a situation, other times we need to think on our feet and put our mental agility to the test.

Understand the situation

Taking time to reflect upon situations that you have participated in the past will help you to understand similar situations in the future. Have you ever had a moment in which you thought back only moments later and thought, "Damn, I wish I handled that differently?" Most likely you will be presented with that situation in another form sometime in the future, only this time you will find yourself two steps ahead of the game. Feel free to sit, reflect and learn.

Stranger in a Strange Land

Speak less. Listen more. Keep your eyes open and concentrate on the world around you. Don't get lost in how uncomfortable you feel, or how excited you are. Remain grounded, steady and connected to what's going on around you. This is the time to absorb and build experience, take a walking tour. No need to rush, it'll be there later, no matter how fast others may be pressing you.

The pace we move at may not suit others at times, but as long as you keep your "self" and move with confidence your pace will be appropriate to the situation. How we pace ourselves will influence our own stress levels, as well as those around us, and our ability to perform at higher levels when under stress if necessary.

Unfamiliar Territory

When traveling through unfamiliar territory it's good to take your time, and pace yourself. You may be forced to move at a slightly faster pace than you feel comfortable with, because of the situation at hand and the actions of others. In this case as long as you can remain centered and maintain a reasonable rate of speed, keep moving forward with confidence, your experience will surprise and reward you every time. Be sure not to set a pace that will burn you out, jog, don't run. This becomes the law of diminishing returns, and ultimately helps no one.

By Ken Freiberg