



The #StaySharp Challenge List

From Jones Loflin

Innovative Ideas For Today's Leaders

Being so busy all the time wears you down and prevents you from being your best. Are you ready to stop rationalizing your situation by saying, "Everybody's busy," and take some real steps toward regaining clarity and purpose in your life?

Consider the list below part of your #StaySharp Challenge. Choose 3 to work on for 30 days. Simple productive actions, repeated consistently over time.

- Begin your day by reading or meditating on something positive and uplifting
- Take at least one break per hour to reflect and recharge
- Do something out of your normal routine that energizes you
- Set boundaries about checking email and engaging in social media
- Detox your week by cutting out one vice for the week
- Get a mentor to help provide more objectivity about your situation
- Be a mentor to someone
- Don't allow your values to be edged out of your calendar
- Make a goal for the next six months to one year
- Laugh more often
- Lower those unrealistic expectations of yourself
- Before engaging in any task, ask yourself, "Will this action move me closer or further away from my desired outcomes?"
- Schedule at least one leisure activity per week of at least one hour in length
- Have one daily intense focus period at work where you work proactively on something
- Be willing to create the first draft of something more quickly to minimize the procrastination caused by your perfectionist tendencies

Most people are willing to pay to fix their stress but they aren't willing to change the lifestyle that is causing it.