



SI-15

Tyranny of the Trivial

Does it ever seem there are not enough hours in a class or workday to complete what's crucial? Are you accomplishing what ultimately matters or spinning your wheels dealing with the trivial? Could you be experiencing trouble getting the traction you need to climb the mountains of serious achievement? Breaking the problem down could help us arrive at practical solutions to this crucial success problem.

Distractions

Today has been called among other things the age of distraction. An increasing onslaught of emails, phone calls, text messages, and commercials drown us in continuous waves of distraction throughout the day. Protecting our teaching, learning, and work time is essential. Get proactive and set the rules for interruptions, which media channels you will use, and how you will use them.

Confusion

Practicing the self-discipline of thought focus pays big dividends. If someone could wake you at 3 AM, and you could articulate clearly your top goals, you have purpose clarity. If you would have no idea of your ultimate purpose, it's highly likely you will spend precious work hours doing the worst thing in the world of success—doing something that needs not be done at all. Daily top-ten goal or outcome reflection and writing is the best Rx for curing trivial pursuits.

Procrastination

The computer's ready to work but are you? You wonder, "What would it hurt to check the latest Google News post, look at the weather forecasts, see what's happened in the financial markets, order a product, check the local theater listings for new movies this week, contribute a post to a LinkedIn group,

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investigate a new Podcast or upload a photo to Facebook?” No, nothing’s wrong with these activities until you realize that 30 minutes just flew by, and the opportunity to finish something that will make a substantive difference in your life is gone forever.

Fatigue

Sleep, exercise, and healthy food are primary to maintaining energy. A lack of these ingredients can make accomplishing goals difficult, but all three added together can cause real energy loss. In addition, personal-power must be fed and kept at high levels indicated by feeding your self-confidence and sense of optimism. Self-confidence building is each person’s responsibility. It must be done in spite of negative occurrences happening in one’s environment.

Poor Planning

Anticipating what is needed to finish a task means not having to stop and hunt for a resource, tool, printer toner or ink, computer cable, or maybe a phone number or email address that you need to reach a project’s completion. It’s odd, but in my experience, once the creative process is interrupted for some trivial reason, it’s very hard to get back to it with the same enthusiasm and clearness of mind.

Bottom Line

When you complete work that is genuinely important by filtering out the siren-song of the trivial you will progress more rapidly on your journey to professional and personal success.

*~John H, (Jack) Shrawder, Exec. Director
TFS National Faculty Success Center*

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