

Get Rid of the Zingers!

By Donna Lawrence, M.S. – Certified Personal Coach

Is there something in your home or office that “zings” you every time you walk by? Maybe it’s the boxes in your garage...or the stacks of paper on your desk. Perhaps you have a relationship that draws energy from you: a needy friend or an annoying client. Unfinished projects can also drain us, like home repairs or yard work.

Thomas Leonard, known as the father of personal coaching, identifies these as tolerations – things that bug us and zap our energy. Flexibility and adaptability are virtues and a necessary part of life. However, beyond a certain point, we are tolerating too much.

Tolerations, which I’ll also refer to as “zingers,” generate negative energy through the friction they cause. Think about it, don’t you feel a twinge of energy leaving your body every time you encounter one of the things you are tolerating??

One of my personal coaching clients identified the major zinger in her life: their cluttered garage. She moved into her husband’s home when they married five years ago, and he still had not cleaned out the garage to allow two cars in. Every time she left home and returned, the garage “zinged” her and caused negative energy focused toward her husband. She realized that by allowing the garage to remain status quo, negative energy was building up. By the end of the coaching session, she decided to approach her husband about the issue. The couple worked out a schedule to tackle the garage together, a few hours at a time, and rewarded themselves when the job was completed.

“Zingers” can also come in the form of people. A former business associate identified a client as a major “zinger.” He dreaded working with this gentleman, but had learned to tolerate him. After realizing the time and energy put forth was not worth the rewards, he ended the relationship with this client and felt an immediate sense of relief and energy.

Tolerations also impact our community and state. How often do you notice something that could improve your workplace, church, or community, but you do nothing, thinking “I don’t have time to be involved, but I wish someone would do something.” I’ll never forget a Paul Harvey quote I heard: “I wondered why someone didn’t do something; then I realized I was Somebody.”

Challenge for You

What are you tolerating? What are the “zingers” that zap productive energy from your soul? Eliminating “zingers” from your life will give more energy, give you more peace, give you more time, and improve productivity.

As a personal coach, I encourage my clients to commit to the following four steps to become “Zinger-Free:”

1. Make a list of 3 – 5 zingers
2. Define specific strategies to eliminate them
3. Implement the plan
4. Start over with another list

You can change your life and make an impact on our world by eliminating your personal “zingers.” GOOD LUCK!!

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