

# LEAD WELL

## KNOWLEDGE

### RELAX IN THE PROCESS

#### SUMMARY

Often the thing that you really want to happen is going to be a process, not an event. The wise thing to do is relax in the process and allow space for it to unfold vs. trying to force an outcome. It can be really tempting to get impatient and just make a call. However, if you can hang in there, the process can lead to a good outcome. If you interrupt the process, you could miss out on a really great outcome you may not have expected. It is kind of like skiing down a mountain. You can be stiff and rigidly snowplow down the whole way to control speed and trajectory. You probably have your eyes down watching for any possible little bump. Or you can relax as you ski down the mountain, relaxing in the turns and looking around at the beautiful scenery around you.

#### REFLECTION

It is not always comfortable to allow a process to unfold. You want to control it or put your finger on the scale to overly influence it. Or you may take yourself out of the process, so you don't have to wait for the outcome. Think of ways you may be resisting allowing processes to unfold.

#### ACTIONABLE ITEMS

- Identify a recent process you went through to make a decision. Were you able to relax in the process or did it drive you crazy and was stressful?
- What are some things or who are some people that can help you relax in processes - especially when there may be a lot at stake?