

Getting Unstuck

By Kim Dannies

A few years ago I had ACL surgery on my knee, the result of a skiing accident. It was a long struggle back to mobility; my final visit to physical therapy was the most difficult, as I tried to recover 100% of my knee's range of mobility. I remember lying face down while my therapist, Janine, leveraged all of her weight into bending my knee back, literally forcing through the scar tissue. I was screaming at the top of my lungs-- it was worse than childbirth.

The scar tissue that builds up from week to week and year to year in our lives, impeding our mobility and momentum, is tough stuff, too, but it doesn't require a screaming fit or a therapist to break through it.

Psychological scar tissue develops because most people, at any given time in the course of a day, really don't know what they should be doing. It's simply too easy to be deluged with information, interruptions and tasks. We go into a kind of auto-pilot, numbing intention and energy. The Internet is a distraction that has compounded the problem, calcifying a bad habit that's been multiplied by weeks and months of operating in scatter-mode. Poor time and energy management habits are the result-- feeling stuck is the symptom.

The Rx for this condition is to develop a dedicated system of time and energy management. Planned productivity is a way to align duties with desires for a practical and satisfying work/life model. Utilizing a planner to chart out daily, weekly, and monthly goals, and detailing weekly action plans, is a sure-fire way to make a painless breakthrough for increasing our work/life momentum.

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