

The Enerpace PaceSetter

February 2023: Wonder & Wondering



We Grow Agile Leaders Who Grow Purpose-Driven Firms

Hello Subscriber,

I just returned from a marvelous, relaxing, energy-barrel-filling week in Punta Cana. Getting so far away from my daily life, surrounded by such beauty, helped me adjust my focus to think about 'the bigger picture'.

For starters, I marvel at the beauty of this world – especially the ocean. How many shades of blue are there in this one picture?



Or, how come I find tons of sea sponges washed ashore on my last day there, when I've walked the beach every day prior and seen only a few shells?

In between wondering, naps and tropical adult beverages, I listened to a few webinars from folks I respect. Rick Tamlyn interviewed Elizabeth Gilbert, author of *Eat, Pray, Love* several years back, when she was a speaker at his Bigger Game conference.

Liz shared so much wisdom and provided a HUGE question for me to ponder: What do I want to create with this life? Such a broad question, and so relevant to check-in with from time to time! Once we know the answer to that question, Liz believes that inspiration is standing right beside us, waiting to help us co-create it; we are not the master or servant of each other.

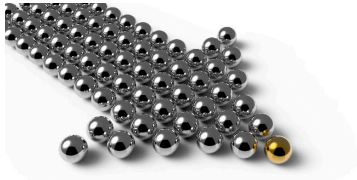
When there's a decision to be made, she encourages us to ask who is speaking – our ego, or our soul. Ego measures; soul doesn't care. I recommend using your values to make a big decision. They normally encompass both.

You can listen to the entire 30 minute conversation [here](#).

Now it's your turn: What do YOU want to create with this life? What creates awe and wonder for you? Go get some of that and answer the question from that perspective. And if you need help – call us!

In wonder –

Elene



"Life is a gift that is given and will be taken. How we choose to spend our time here is our gift to life. It is our way of saying "thank you life" for the gift."

Imuetinyan Ugiagbe

Visual Story Teller and Journalist



Leadership Learnings

To Recover from Burnout, Regain Your Sense of Control

Elizabeth Grace Saunders, *Harvard Business Review*

Burnout creates real physiological changes in our brain. This article provides some ideas and



Business Building Blocks

Consumed by anxiety? Give it a day or Two

Oliver Burkeman, *The Guardian*

When running a business, the buck stops with you – for everything!

This article provides some great advice on how to get to the REALLY big picture level to make

some questions to help us move out of that state.

today's concerns more manageable.

[Read More](#)

[Read More](#)



Upcoming Events & Enerpace News

- Take a look at the **Enerpace Blogs** on our website. We cover a variety of topics like leadership, professional development, communication, employee engagement and so much more!



Enerpace Expert

Why it is awesome that your brain can experience awe

Richard Sima, The Washington Post

Research shows that awe is actually good for our brain – and we don't need to travel to tap into it!

Check out this article for easy ways to access it, and achieve benefits like lower stress & inflammation and an increased sense of meaning and life satisfaction.

Great Books

Play Your Bigger Game: 9 Minutes to Learn, A Lifetime to Live

by Rick Tamlyn

Once you decide what you want to create with this precious life, this book can help you make it a reality. It normalizes all the parts of the process, and uses a game approach to keep things light and not overwhelming!

Read More

Read More

Need a People Plan to Make Your Business Plan a Reality?

We have Solutions for Individuals, Teams & Entire Companies

Go to **Enerpace.com** to request a complimentary consultation or contact us at

#630-832-4399 or mail@enerpace.com

FOLLOW US

