

The Enerpace *PaceSetter*

News as Individual as YOU Are



September, 2014

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Dear Subscriber,

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In the last issue of the *PaceSetter*, I wrote about anticipating an upcoming Disney Cruise with my daughter. Thanks for all the well wishes - it was as wonderful as we had hoped! Disney does everything so well. Definitely a standard we should all aspire to.

They also made it easy to be present and just enjoy every moment. There was SO much to do, it was physically impossible to do it all. Which made it ok to do nothing sometimes too!

We returned home to the back-to-school rush and it wasn't until the anniversary of 9/11 that I once again became reminded of the importance of fully experiencing and relishing each moment we have with our loved ones. Each day we hear about more folks battling cancer close to home, while wars and terror rage all over the world. But today, right now, my loved ones are safe and healthy. I'm going to choose to be grateful for that.

It is said that fear and gratitude cannot co-exist. I find that to be true. Try to catch yourself the next time the continuous bad news and stresses of the day get you down. Let yourself appreciate the moment that is and look for something to be grateful for instead.

And when all else fails - book a Disney Cruise! :-)

Until next month -

Elene

[Upcoming Events](#)

Upcoming Events

(All Listed in Central Time)

"The #1 Personality Trait Every Leader Must Have" - Webinar, Friday, 10/3/14 @ 12 noon CT
[Details](#)

"Why Start from Scratch? Reason to Buy a Business Instead!" - Webinar, Friday, 11/7/14 @ 12 noon CT
[Details](#)

"Work Less Accomplish More" - Webinar, Friday 1/9/15 @ 12 noon CT



P.S. Elene blissfully appreciating the moment, enjoying the balcony of our stateroom overlooking the ocean



P.S.S. Maria chatting up a princess; even though she is WAY too old and cool for that type of thing, one must never be rude to a fellow royal!

LEADERSHIP LEARNINGS

Relax, You Have 168 Hours This Week

Scott Behson,
HBR Blog Network

Where are you spending your time and more importantly, where do you want to spend your time? With a limited numbers of hours per week, it helps to have an overall plan in mind.



This great article has an exercise to help you weed out time wasters to more fully appreciate the time you have!

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CAREER MANAGEMENT CORNER

How to Focus and Stay Productive When You're Expected to Always Be Available

Alan Henry, *lifehacker*

The #1 excuse we hear from clients is "I'm constantly interrupted. I'm constantly on call. I can't try all that time blocking stuff". It's tough to get anything done when you are being pulled in multiple directions and everything needs to be done right then.

Does that sound familiar? Then check out this article to learn how to be present in the moment and still manage your time!

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BUSINESS BUILDING BLOCKS

Too Busy? Maybe Your Procrastinating

Todd Brown, Next Action Associates

If you're running all day without accomplishing anything, perhaps your busy-ness is actually procrastination!

Impossible? Take a look at this article and find out.



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ENERPACE NEWS



1. Wondering how to get that next promotion? It's not the usual place you might go for advice but it all makes sense in the article, "*6 Rock-Star Habits That Lead to a Promotion*".

Read about Enerpace's "rock star" advice in Tip #2 - Play to Your Strengths!

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2. Learn about the "*6 Signs of Poor Leadership*" before you are caught in the downward spiral. Enerpace offers input on one characteristic of poor leadership too.

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3. Interesting question with interesting answers - check out Enerpace's response in "Experts Weigh In: How Being an Entrepreneur Makes Me Feel Independent".

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4. In the article "10 Slamming Productivity Tips When Starting a Home Based Business (Part 1)" learn how to juggle and value your time to get the most done. Enerpace has an idea to add as well!

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ENERPACE EXPERT

Carol Roth - Your Ideas Have No Value

American Radio Host, Television Personality, Bestselling Author, and Investor
www.carolroth.com

One of our favorite experts is straight talker Carol Roth. This provocative article made us think. What ideas do you have awaiting action?

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COOL TOOL

SendThisFile

www.sendthisfile.com

Don't waste your precious time trying to send too-large files!

This tool is great for those large files that you either can't physically share with the technology you have, take too long to share or those you don't want to

store on multiple disks.

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GREAT BOOKS

Life's Golden Ticket

by Brendon Burchard

Our day-to-day issues, both big and small, often blind us to the gifts in our life. This fiction book provides a great reminder of what is really important.



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QUOTES YOU CAN USE

"If you miss the present moment, you miss your appointment with life."

Thich Nhat Hanh (1926 -)
Vietnamese Monk and Activist

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