Hi there, Yvonne Thompson, Change Innovators here! Just wanted to continue on in some of our discussions around how to create that Accountability Culture and some of the tools that we are working with on a regular basis with our leaders and clients.

One of the conversations we will often have is, “what does the balance between, and why is it important to have balance between, the ability to have objectives, desires and goals on one side, and our ability to accept and surrender to things that are happening around us?” What does that balance look like and why is that balance important?

So one of the things around having too much objectives, goal setting, desires is that in the old energy way we would set our objectives, set our goals, we get very focused on it, head down, kind of like being in your swimming lane and just swimming away but not actually looking at what is happening around you. So too much of that and we get too focused and in today’s world with how fast things are changing, our environments are changing minute by minute, hour by hour, week by week, we need as leaders to be able to really scan our environments and stay open to incoming, new information on a regular, consistent basis, all the time. And so, yes we want to have goals, intentions and desires, but we want to balance them, softly, with the idea of surrender.

Surrender and acceptance are really this idea of being able to not push boulders, not get so intense that we are actively working constantly to accomplish certain things. It’s really about understanding that roadblocks do happen, things do happen that don’t necessarily go our way and when we can accept those things, then we have more ability to stand back and reflect; too much surrender, too much acceptance means inaction.

When we think in terms of energy and how we actually produce great results, it is this unique balance between having goals, desires and intentions and our ability to accept and surrender things as they are. It’s a great conversation to have with these fabulous leaders we get to work with. We hope you found a little bit of value in that discussion and you’ll join us again next month or in a few weeks when we throw another one of these concepts and ideas out for you to reflect on and think about it. Thanks very much for joining me!