

P.A.U.S.E. for Greatness

As we enter the fourth month of the year, where do you stand against your goals for 2011? A whole quarter has past. Chris, an owner of an SME in St. John's is frustrated with his progress:

"There never seems to be enough time to accomplish what I want. I have good intentions but just dealing with the day-to-day business operations leaves me with little time, energy or money to do what I really want with the business."

Does this sound familiar to you? Do you feel like you've forgotten your purpose and lost your passion as you try to keep your head above water each day? As YOUR Professional Motivator, I am here to get you back on track and feel empowered to create a new reality that inspires and motivates you every day. All you have to remember is to **P.A.U.S.E.** and you will define and execute your Vision of Success.

P. Pause. Take time out of the business to work ON the business. Create the space in your calendar, turn the Blackberry off, and give yourself the breathing room that creativity needs to flourish. Take a look at your business (unit/team) from 10,000 feet on a regular basis.

A. Accept What Is. Regardless of the current reality in your business, you must face facts. At this stage of the process, you need to see clearly the good and the bad. Acknowledge your role in creating this reality. Be grateful for the opportunities that brought you to this point. Let go of **What Was** and focus on making **What Is** even better.

U. Understand the Lesson. In every situation, there is a lesson to be learned. If you don't learn it, you can be sure the negative pattern will resume. Acknowledge the limiting beliefs you hold about yourself AND your business. Stop settling for mediocrity and step into Greatness.

S. See What is Possible. Take time EVERY DAY to clearly visualize your business as successful. Be as detailed as possible. Spend the time dreaming the big dream. You have the power to choose your thoughts. Be deliberate in your intent and you will manifest exactly what you desire.

E. Execute your Vision of Success. A crystal clear vision requires a commitment to action in order to materialize. Declare it and share it with everyone in your circle of influence. Align every choice with your vision. Your confidence will grow with each positive choice. Build a community to support you in your rise to Greatness.

As a business leader, you have considerable influence. Take the lead and demonstrate to others how to P.A.U.S.E. for Greatness. Once you have given yourself the space, the power, and the permission to **Embrace Your Potential™**, your mind will open up to all that is possible.

Lisa Payne is a Professional Motivator and President of Connections for Success Inc. Her services include keynote speaking, workshop facilitation, personal motivation packages, corporate retreats, employee relations consulting. Visit her website for more details. www.embracingpotential.com