

Just Do Something

By Steve Aduddell

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“Move.” That was the word I heard in my spirit as I sat at my local Panera Bread with a coffee and a bagel, as was my normal morning routine. It had been almost a year since I had been part of the latest RIWF (Reduction in Work Force) at Chesapeake Energy.

Finding a new job proved to be much more difficult than I had suspected. I had been in telecom and technology for all of the 40+ years of my working life. I had plenty of experience, but with that comes age and that seemed to have some impact on finding new employment.

The strange thing was that I had told my wife that my desire and enthusiasm for technology were both gone. Nothing about the field excited me anymore. But technology was what I did and what I knew, so that’s what I was pursuing. I had never before considered other options.

For several months I had been soul searching, thinking and checking online recruiters, hoping something would just pop up or fall in my lap. I did some consulting and contracting work, as well as driving for Uber and Lyft. Surprisingly, I liked the rideshare driving and meeting new people, but knew that wasn’t my next thing.

I kept asking for clarity...begging, really. However, clarity didn’t come knocking as I hoped it would while I sat at the coffee shop. Instead, some lessons I’ve chosen to learn from were presented to me.

The first lesson I learned happened as I told my daughter about seeking clarity after hearing the word “move”. She shared a learn from her leadership coach, “clarity only comes through movement.”

When you move, take action to see more clearly what is out in front of you and get closer, the view looks very different. Clarity comes through movement. Just do something = Move.

I didn’t completely comprehend or understand what “move” meant, but I focused in on these areas:

1. Move physically, start on a path to living healthy. Exercise.
2. Move mentally. Learn new things. Read more; listen more. Discuss more. Dream more. Stretch your mind.
3. Grow spiritually. Seek God.
4. Connect with others. Be intentional and vulnerable to share and care with others.
5. Do hard things. Do things that are out of your comfort zone.

As I moved physically, mentally, socially and spiritually, I began learning, desiring more, and seeing new opportunities. I started to believe I could be and do something different than I had ever imagined. Things began to happen and the more I moved, the more doors opened.

I’ve also learned we can easily become stuck. I was stuck in the past, in fear, in failure, in limiting beliefs. I was just stuck thinking. We can’t think our way out of it no matter how hard or well we think. Believe me, I tried.

My Birkman(R) Assessment reveals I spend a lot of time in the “thinking quadrant”, and I tend to get stuck there a lot. Amie, my Leadership Coach, encourages me to get out of my blue - to take action. I am learning that lesson and it may be the most important lesson that I continue to learn as I move forward on my journey.

I've also accepted that I don't have to "know it all" before I start. I take strides daily toward my purpose. When we know the general direction of our purpose, when we can see the distant mountaintop, we can then take one step at a time with an endless number of trails that will take us there.

That's exciting to me because it's an adventure. Who will I intersect with on the trail each day? How steep and rugged is the path up ahead? What caves will I encounter? I like the quote by Joseph Campbell, "The cave you fear to enter holds the treasure you seek." I want to enter that cave.

We have a lot of choices with a lot of decisions that must be made on the journey. Many of them are the right choices...they're good choices. Keep trusting yourself to make good choices and take steps forward.

In the event of a misstep there is learning to be had. We learn something that no other step could have revealed to us. And when we make a wrong turn or fail in an endeavor, then we have the opportunity to gain a lesson that we could not have gained otherwise. Just keep moving.

Martin Luther King Jr. said it this way, "Take the first step in faith. You don't have to see the whole staircase, just take the first step." Amie says to me, "what's your critical inch?" It's astounding what that critical inch of breaking the rust loose or getting the bolder to budge accomplishes. One step, one critical inch can go from inert (stuck) to motion, to a movement to momentum. When there is momentum, the wave of energy is evident to all those in the vicinity. It's contagious!

I want to be bold enough, courageous enough to take the next step. Recently I was entering a building from the back door and it was very dark inside. I didn't know where the light switch was, but I could see faint light in the distance across the room surrounding a doorframe.

I had confidence in the direction I needed to go in, but I couldn't see to take a step. I used my phone flashlight to see where to take one step at a time as I moved toward the light.

When you know the direction of your purpose and your goal, you can move a step at a time towards it, even when you're unsure of the distance or difficulty in the terrain. Erwin McManus says, "Do what you know you should do, and you will know what to do."

There are many things that are good and right to do on the journey to the summit...taking small steps forward is one of them. Move with confidence. Just do something.