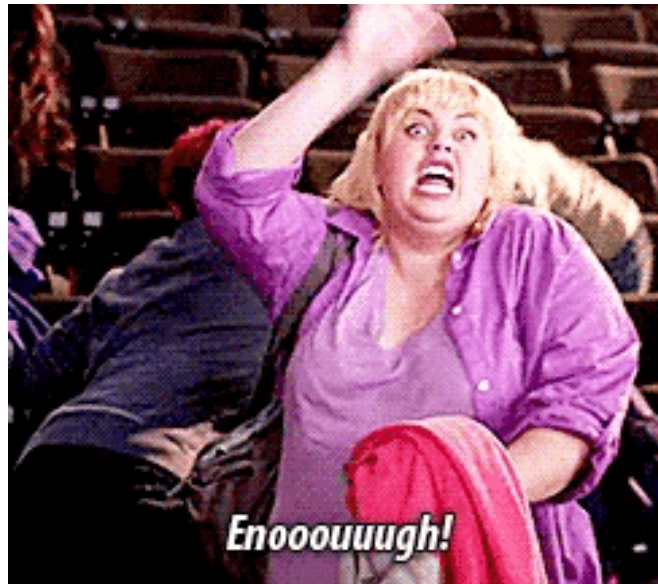


My days run away from me...



How's your day going? Are you doing one million different things at the same time, answering phone calls, responding to emails, getting yelled at, blurting directives at others, analyzing complicated facts, and juggling flaming torches, while running a marathon and planning a birthday party for your spouse all before 10am?

Just a regular day at the office, eh?

In this edition, we talk about **the frenzied practice of law**. While days of panicked productivity can be exhilarating (and addicting?) at times, we all know it is not sustainable. While we can't "fix" the unpredictable/crazed aspects of practicing law, we can learn to take better care of ourselves and, dare I say it, do better.

🔥 Putting out fires on the daily? Ever thought about [the impact that has on your decision making](#)?

🕒 Father time harassing you too? Never enough time, feel like you're failing, about to hide from your calendar for a month...? [What's really going on](#).

☹️ Drinking from the fire hose is no fun. Give yourself a [hard reset](#).

🏆 Feeling the urge to throw in the towel and burn it all down? This is [your warning](#).

Two minutes to get your mind right

I recently started reading the book *The Power of Writing it Down* which gave me a sudden epiphany about the New Year's resolutions that I set this year and how I start my days.

Those of you that work with me know that I am a huge advocate of starting off each day with clear priorities. Every morning, before I start any work, I list out three priorities for the day so that I have a clear metric of what success looks like for that day and to help me focus my energy.

With those priorities in mind, everything else must flex in honor of those items. If something unexpected comes up during the day, I measure it in comparison to my priorities before I decide whether and how much energy to give to it. Sometimes I shift my priorities accordingly and other times, I have to find a way to make the unexpected bend in honor of my priorities for the day.

There is no drama about the unexpected; it is simply an evaluation of the unexpected in comparison to my priorities.

Further, how I honor and recognize those priorities is the only metric by which I measure my contribution for the day — whether I “achieve” all my priorities is not the questions. Rather, it is about living **intentionally** with awareness of those priorities and then honoring or deviating from those priorities **consciously**.

Priorities allow us to live intentionally and give us clarity so that we longer live at the mercy of whatever the day throws at us.

In addition to my daily priorities, I list the following –

One thing I am grateful for that day.
I am grateful for the support of my partner.

One thing I look forward to that day.
I look forward to taking the dogs for a walk and listening to my favorite podcast.

One thing I will avoid that day.
I will avoid lingering in anger about things I cannot change.

One thing I will practice believing that day.
Today, I will practice believing that I create the life of my dreams.

I keep all these in a journal that I add to every morning and am able to look back through to commend myself for my accomplishments and to remember all that I have to be grateful for.

While I have found great success with this practice over the years, I decided to update my process for 2023. In addition to working through these items every day, I also write down my goals for the year and everything I will do to help me achieve them. Specifically, I write my goals as if they were already accomplished in 2023. For example, today I wrote:

In 2023 I finished my yoga teaching training certification, launched my Podcast and published my book. In support of this every day I will journal, meditate, practice yoga and pray.

I began this practice as a means to dig into manifestation and align my energy with that future me, who has accomplished all of those things. What would she have done

in furtherance of those goals? What steps did she take to get there? By writing out those goals as if I have already achieved them, I am able to more readily access my beliefs that my goals are not only possible but as good as done. It allows me to align my energy and tap into faith that anything is possible.

I didn't initially begin this practice in hopes that it would help me day-to-day with priority setting but what I have found is that this practice has provided a useful lens through which I view each and every day and the time I spend on activities outside of each day's overarching priorities.

What initially began as a manifestation practice has morphed into a metric by which I measure any and everything that gets on my calendar.

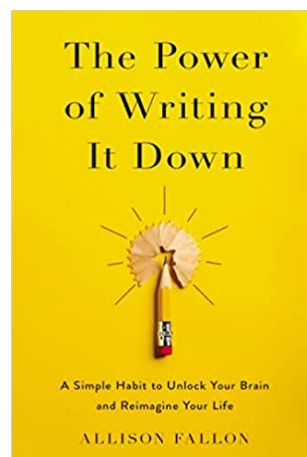
Through this lens I was able to cancel unimportant busy work and clear activities to make room for full days of focusing on my podcast and polishing that book. While it is easy to let our calendar and practice run away from us and fill our days with myriad activities and to-do list items, a full calendar does not necessarily mean we're operating with our overreaching priorities in mind. Instead a full calendar simply requires us to show up and execute without much thought behind it. Starting each day writing out my goals for the year (in addition to my priorities for the day) has allowed me to add an additional lens to that already full calendar. It allows me to question everything that I am attending to in every day and ask if there's room for me to transfer that energy to a higher purpose.

For the love of reading

The Power of Writing It Down: A Simple Habit to Unlock Your Brain and Reimagine Your Life

It took me *years* to finally sit down and read this book. I couldn't figure out what all the hype was about -- we all know journaling is good! Do I really need a book to explain it?! Yes. We do. It's about so much more than that. I was impressed with the studies cited in the book and it truly motivated me to reconnect with writing, in whatever form that may take. More so, it showed me how writing is an essential element to coaching and mindfulness work.

“Writing helps us not only see the words we’re already using but then change the words we’re using so that we can in turn change our lives.” - Allison Fallon



Featured Tools

We are really good at juggling all of the things. This month's tools are intended to help you focus your energy on what is most important to you. Where your focus goes, energy flows.

- [Constraint and Priorities](#)
 - [Constrained Focus](#)
-

Monthly Affirmation

I fully embrace and love who I am, even as I continue to evolve.

Hiya, let's chat!

Perhaps you've had a consult with me, perhaps we're old friends (you know who you are 🙌). If we haven't seen each other in a while -- I miss your face! Email me to schedule a session and let's reconnect!

If you haven't explored this coaching thing, schedule a free consult (or a second free consult) and let's talk about what coaching can do to transform your success!

[Free coaching consult](#)

I want to hear from you! Did you find this newsletter helpful?
What topics do you want to hear about? [Let me know!](#)

**"If you are not
uncomfortable, you
are not dreaming big
enough."**

– Life



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