

INSANITY

Albert Einstein said, *“insanity is doing the same thing over and expecting different results.”*

What have you done that fits the definition of insanity?

I bet it is something you tried to do, it was new, and you did not have the experience or expertise to do it. Often, rather than get someone to assist you, you try to do it alone. Often, success is marginal or it does not work at all. Of course, it's new and you were not trained.

This year I have taken on a few new coaches for myself. Yes, a coach with a coach. Crazy? No, there were new things to learn and become proficient at so I hired someone to teach me and to coach me. Now, I have learned. Or, hope I have learned.

Insanity is doing alone what you are not qualified to do without training and assistance. Then, and only then, you can proceed to do it alone.

People want to groove their golf swings, tennis swings, and the like. First, they have to have a swing worth grooving. There is no value in grooving something you are doing wrong. Get it right, do it right, and then groove it.

We don't know what we don't know sometimes and other times we know. If we're not sure we need only look at our results and we'll know. Be honest. If you need help, get it.

Have you ever spent hours trying to do something only to find someone that can show you how in one minute? Wouldn't it be easier to learn it in one minute than to suffer for hours and still not get it. For me, that's computer issues. I go to the source, learn it, and move on.

What have you not done this year because you don't know how? Do you need to do it? If so, get help. Find someone. Hire someone. Ask someone. It's time.

What have you been wanting to do all year but have yet to do? It's insanity to think you will get it done if you keep doing what you've done all year. You need to change something to get it done. First, change your mind, you will get it done and, second, is action. Take the first step. Otherwise, insanity will prevail.

We all suffer from the INSANITY in different areas as we all have different skills. Our job is to find those with the skills we do not have and need. Then, we model them. There is no reason to reinvent the wheel.

Kids learn by watching and then copying. Just think of how much kids learn. When did we stop doing that? Why not go back to being a kid, copy those that have skills we want and learn them.

For years I have been going to the gym. Now they have all new equipment. I'm being trained in the new equipment. I would have thought I'd already know how to use it. Wrong. The new equipment has some unique features that were not apparent to me.

What insanity are you going to work on first? How many insanity items can you correct in the next 100 days?