



Making the Most of Your Commute...

"I can't avoid my travel time, can't move, but I feel like I am losing two hours out of my day every work day. How can I get my time back?"

Look around you as you commute, you are not alone. Many people head off to work by bus, car, bike etc. and feel time is lost getting from point A to point B. The key to getting the most out of your time is to be present for every moment of the day. 'How do I do this?' you ask!

1. Know as soon as you start your journey, you will get there when you get there. You can not make it go faster so stop worrying. If you are focused on being late or having so much to do you aren't using the time effectively
2. Ask yourself "What one action can I focus on when I arrive that will make the biggest difference?" When you arrive, you know exactly what your next step is
3. Use transit time for reflecting on your successes. Ask yourself "What have I done that I am proud of?" We spend far too much time worrying about things we haven't done or trying to fix problems and not enough time celebrating our successes. Transit time is a great time to step back and exercise your pause muscle.

A coaching client was constantly stressed on her drive to work feeling she was going to be late. Only to discover she was arriving on time if not early. She spent that entire commute worried, stressed with her heart rate and blood pressure rising. Not a great way to get your day off to a good start. She now chooses to recognize that "when she gets there she gets there" and focuses on what one main action will start her day off with momentum so she is ready to get going once she arrives.

Action Challenge: What one thing will you do differently on your commute this week? **Now do it!**



For more tips related to this topic or to ask your own MetroCoach question, contact coach Pauline coach@proactivebusinessleadership.com

Pauline coaches individuals and organizations.

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Leaders who want to grow their business.**

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