



## What's the reason for the “PAUSE”?

*In today's Newsletter we'll address: how a “pause” will make the difference between good and ‘extraordinary’ results.*

### 3 Focal Points:

- **Motivation**
- **Stamina**
- **Sustainability**

Out for a healthy Japanese lunch this past week with a client and friend. The discussion turned to **motivation**, as I indulged in sashimi... and he, the bento box.

Let's call this client Ethan, for the sake of privacy.

Ethan started: ***“I have the motivation... I've built stamina... I need sustainability.”***

Ethan is a highly motivated, successful business owner, and High Energy Performer. No hesitation when I state this. Everything Ethan does is done with full engagement and follow-through. Motivation and stamina are 2 key traits that underly his success. For Ethan, 'sustainability' can be a cause for reflection... at times.

So highly motivated and energetic, Ethan often forgoes 'renewal', preferring further 'growth'.

Here's the **PAUSE**.

Motivation with stamina has its limitations... unless sustainability, with a dose of ongoing renewal, is added into the equation.

*What do I mean by this?*

You can feed off your motivation, give more of yourself, build stamina, and take yourself to the next level.

However, let's say that you don't have a solid platform to keep this motivation and stamina alive... no allocation of time for renewal...

The first curve ball, injury, ailment, downturn in the economy, rift with a love one... will leave you flailing, or at least relapsing, back to old poor habits.

Brené Brown, research professor and author of multiple books including *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts*, has this to say about 'sustainability':

*"To me, a leader is someone who holds her- or himself accountable for finding potential in people and processes. And so what I think is really important is sustainability."*

As I explained to Ethan, in-between my mouthfuls of sashimi: A leader, who possesses High Energy Performance traits must **think of him/herself in terms of sustainability**.

Sustainability means *oiling* 'your systems': body, brain, connections with others, professional aspirations...

Essentially, this means looking after you, your health, performance and output. This is real leadership... as you lead from the front, holding yourself accountable... demonstrating to others that you have what it takes - *ensuring sustainability*. Then, and only then, can you hold others accountable. You are ready... at the starting gate.

'Securing results' before you fly out of the starting gate means focusing on a strategy that includes 'renewal'.

Renewal leads to 'sustainability', as you balance between building/expanding/growing, and replacing wear and tear... with proactive periods of recovery. This process ensures sustainably momentum.

*If you've already achieved 'good', why not achieve 'extraordinary'?*

For Ethan, he's already achieved 'great'. I challenged him to reach deeper, and extract more by streamlining what he's doing and how he does it.

A few ailment's were creeping in, distracting his performance, focus and concentration. I challenged Ethan to focus on sustainability, altering the relentless go get 'em approach, to: *go get 'em and allocate necessary time and energy for renewal*.

This 'pause' was strong enough to create a profound 'shift', as we began to re-strategize Ethan's approach.

Good can turn to great; great can turn to extraordinary... **when you take the time and energy to 'pause'**.

*How does this look for you?*

I don't care if you see yourself as sub-par, mediocre, good, great or extraordinary. There's always room for growth, and always room for pushing the pace. The question is: are you in this life for the short or long-term?

It's a rhetorical question for the High Energy Performer... who **views life as an evolution**, and is always ready to ensure sustainability.

Motivation and stamina... absolutely. Strategizing with 'sustainability'... a must. Here's a prime example:

Last Newsletter I shared with you how I hate running, though navigated the barriers to impress my marathon mad wife, 15 years ago. I could 'outrun her by miles'. I was fast. She, on the other hand, would never stop... and would eventually pass me. Her strategy... 'sustainability'. Humbled, I've since learned.

So, for you... addressing your current motivation, stamina and sustainability... **what needs to shift?**

My purpose is to help you make the *shifts* that will catalyze your performance and output. With you, I want to get to the heart of how you can take that next bold step, to accelerate your High Energy Performance. This is what I live for. So let's go back to the initial question:

*How does this next phase... 'shift' look for you?*

You have the energy... now all you need is the 'audacity' to **make things happen.**

## **Take-Away**

On your mark... get set... **PAUSE**, is your opportunity to define your next 'real steps'. This has no limits, no bounds, no excuses. It has the potential to profoundly elevate your energy, input, performance and output. The key to this: relinquish the excuses and shoot for sustainability. We are redirecting and refocusing your energy.

The ROI:

***High Energy Performance***

***Effective thinking, processing and execution***

***Powerful and effective communication***

***Confidence in deficient areas***

***Better quality of life***

This is the power of **PAUSE.**

Have a powerful week...



**Paul Lewis**  
**President**  
**Immortal Executive**



