

## **Execution – Having Your Cake and Eating It Too!**

Execution is the process of accomplishing an outcome or goal. I am executing towards many different goals everyday all day. I live my life by executing to make things happen. Because execution is a reflection of how I live my life, it is more important than the goal itself.

The precursor to effective execution is to gain clarity about I want. Neuro-Linguistic Programming, a school of psychology, emphasizes the importance of clarifying things visually (pictures), auditory (sounds, words), and kinesthetically (feelings, emotions). In other words, if I set a goal of going on vacation to Hawaii, I create the pictures of the beaches, the landscape, the sunny weather, the surf and the reefs, all the pictures that make up my ideal holiday in Hawaii. I also invoke the sounds that I want to hear – waves breaking on the beach, lazy laughter as people enjoy each others company, easy music. To add to all this, I imagine the feel of the sun drying the salt water on my body as I lie on the beach after an exhilarating scuba dive, I feel my body relaxed and at peace.

Having such in-depth clarity about my vacation evokes an enthusiasm and energy to make it happen. The next step is to put that enthusiasm and energy to action.

Execution of the goal requires that I do all that is necessary to create such a vacation. My clarity supports my decision making and actions. For example, the island that will best fit my picture, the nature and location of place I would like to stay in, who I want to be with, the kind of activities I want to participate in. All this also helps me to determine the budget I will need to fulfill my picture.

The very thought of all that needs to get done can be so daunting that we often give up right there. The way that I overcome this is to ask myself “what is the next action I need to take?” For example, I might discuss with my husband the best time of the year to take a vacation. Once a decision has been made the next action may be “surf internet for ideal location to visit”. I find that when I stay present to the next step while keeping my goal fresh in mind, the execution of my goals tend to flow more easily, and I am able to make timely course corrections when needed.

Staying conscious to my level of enthusiasm is key to ensuring that I stay on track. When I notice my enthusiasm waning, it is time to reevaluate my actions against my goal. I measure my enthusiasm by the amount of physical and mental energy I have towards something as well as the amount of joy, fun or sense of accomplishment I experience. My enthusiasm is also affected by how well I maintain my integrity and values.

This sense of enthusiasm is really important to making things happen because it is what keeps me going when obstacles arise. I regard obstacles as a normal part of execution. In fact, I find that when I look on them as opportunity I often find a better way of doing things; or I end up enhancing my outcome by making some necessary changes.

Maintaining enthusiasm during the execution of my goals supports me in living a life of meaning and accomplishment. Achieving the goal then just becomes the icing on the cake.

