



Our clocks were just turned back. Most people, especially the children, who must wake up an hour earlier, are not big fans of today. This event just added to a feeling of “time is the enemy”. We don’t seem to have any spare time, downtime, or relaxing time recently. We are just pulled in so many directions.

This blog is showing you how to achieve more results. It’s not about working more hours in your life. I know you’re working. I don’t need to motivate you to work more, work faster, or be a multitasker at this time in your life. Instead, here are a few ideas that I want to share with you. They are proven processes, techniques, and systems that are working for many of my clients already.

Big Umbrella Ideas

1. Slow down to get ahead

Take a breath, step back, and look at all you are committed to doing. Take it all in. Put it all on paper. (SELF, Family, Business, Friends, Community, etc.) As you scan and embrace all of it, ask yourself:

- What can I immediately stop doing? (These actions don’t bring me the correct ROI I need to succeed)
- If I could just achieve one of these goals today, which should it be?

Next, write out your Vision, Strategy, and Execution to achieve the result you want.

See this VSE happening in your internal movie. This will give you the enthusiasm and excitement to get it done.

2. Do the basics brilliantly

Make a list of what your basics are to succeed. (Lead, manage, coach, communicate, build programs that solve your largest challenges, etc.) Next, increase their impact by 25%.

Let’s pick “communicating with upper management” as an example. Instead of reacting to upper management’s needs, wants, or desires, let’s increase YOUR impact by:

- ***Anticipating*** their needs, wants, or desires. Know their goals, go out into the future, and find an event/challenge/issue that you can give them a solution to today. By starting to work on it now, that calendar event will be positively impacted for them and their organization in the future.

The key to remember is this: the future event you're bringing them, **they have no visibility of**. They can't see what you see because you're in the front lines and they're not. From over half a century of experience and working with front lines, I know these words are all of our realities, that's why I'm highlighting them today.

3. Stop procrastinating on important but challenging opportunities

It's normal not to want to face truly difficult challenges. Our reptilian brains tell us to do something else that's more pleasing than tackle the most uncomfortable issue. Many times, you don't like the work that needs to be done, the people you have to work with, or are afraid of the outcome. *Here are the steps to immediately move forward:*

- **Step 1:** Accept that you have to resolve this issue.
- **Step 2:** Change your mindset and see yourself doing the plan to resolve it
- **Step 3:** Create the plan to do the work. Outline it with benchmarks and hold yourself 100% accountable to do the work
- **Step 4:** Define why you need to get this done now. Build in all of the benefits for you that are immediate
- **Step 5:** Celebrate when you finish the immediate execution! Give yourself a meaningful reward

4. Leverage your number one behavioural strength

Identify the one strength you have that will help you meet and exceed your 2026 goals. Many of my clients have a purpose to help others. It ties directly to their personal truth. It's who they are. They love all aspects of being a "servant individual". Take this strength that you love, use your passion to tie it to your purpose, and do more of it. Here are some ideas on how to leverage it with yourself and family.

YOURSELF: Give yourself more time for greater introspection. Connect with your internal energy field. Tap into its aliveness that is you. Let more of you (this field) out and give it to others. Your energy will move others to have better lives. This recognition should fill you with gratitude and happiness.

FAMILY: The bottom line is your family wants more of you. I know you don't have more time to give them. So, let's leverage your time by reflecting/thinking about how you can make their life with you better. Go beyond where you are with them. Put them first. Attach your thoughts and actions to their goals. Don't overcomplicate things; let your imagination bring you ideas to use with them. Look at your life with them from an aerial view, and then for the next twelve months.

What can you do that you're not doing (each month) that will make them feel your love, build greater confidence and security, releasing their potential, talents, and gifts? I'm not suggesting spending more money on them. Spend more time being reflective on them. I know the ideas you come up with will be simple to implement.

Just take 15 minutes- write on the top of a clean sheet of paper: "How can I love my family more over the next 12 months?" Draw 12 boxes (the months) and think about them/that month. What can you say? What can you do? Just let go and give it 15 minutes. I promise you some great ideas will come out.

In conclusion, remove the limits that your reptilian and strategic brains put on you. Know what has to be achieved, and use your heart brain to release your imagination, creativity, and innovation. By leveraging these capabilities, you will come to recognize that you can achieve so much more instead of working more.

Remember these MDC IRMBs (Inspirational Role Model Behaviours):

- Life is what you make it
- If you want it, write it
- Thoughts equal our reality
- Let the calendar catch up to your internal movie

Maximize the next three quarters of 2026. Let these words become part of your life. I promise you, when you implement them, they will work for you.

All our best to you and your families,

Summar, Alex, and Mark