



Mondays with Mike

AULTCARE

MONDAY TUE

Being Prepared

If you are not prepared, it's not pressure you feel. It's fear.

Bruce Bochy | Retired Manager of Major League Baseball's San Francisco Giants

Preparation and fear. Many of us don't put those two words side by side until it is too late. As Bruce Bochy's quote implies, the more we prepare, the more we limit the variables that can get in the way of success. Success can be measured as a good start to the family morning because we prepared the night before, a good presentation because of our homework and tireless practice of the key points needed, or a strong conversation with a customer on the phone because we took time to learn more about what they needed.

As we manage our work and family lives, let's take time to assess our efforts in preparation of the tasks that we are responsible for. The better the preparation, the less fear. The less fear, the less pressure. My, how our lives would improve with this type of energy exchange.

Be fearless in your preparation for what life and work may put in front of you!

Have a great finish to your week!

