

What to Do When Expectation Meets Reality

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Pam: Ok, if you're looking for perfection, know this, that every day, every week, every month is not going to be perfect. You're going to have those days, you're going to have those weeks, you're going to have those months where you're going to be tried, trued, and tested, and that is perfectly normal. What matters is what you do when the day is not going perfectly or your week is not going perfectly, or your month, yes, you know, is not going perfectly.

I was feeling a certain kind of way this morning. I was really struggling. Actually, right now I am still in a little bit of discomfort. Being a woman sometimes that ain't perfect. But even though normally on a Tuesday I try to do four, five, six, depending on the week, seven miles, I did a lot less than that this morning because I wasn't feeling perfect. But the thing was even though I left the house, and I was slower-moving, and I didn't feel all that well, I wasn't feeling perfect, or good enough, or well enough to get out, I got out.

That's the key. When there the bumps in the road, when you're going through a little bit of a struggle, take the first next step, the easiest step, the easiest step you can take to move you forwards. Whatever it is that you're going through, whatever it is that you need to do to do the next step, to do the next thing, take that one step forward.

My one step forwards was at least just putting on the running clothes. The next step was putting on my heart monitor. The next step, the sneakers. The next steps, getting out the door. Before you know it, that thing that was slowing you down, holding you back, and where you weren't feeling so perfect, and even though it didn't look perfect, you got it done. That's how you get done when everything is not going perfectly. You don't have to get it perfect. As Ryan Levesque says, you just got to get it going. Go out there. Have a good one.