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Week 26 Focus: Messy Middle!

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Focus Question: *What do you notice about the messy middle?*

Description

We're officially getting to the middle of the series. A term I love to embrace is that of the Messy Middle. As you step into the mid-point of the year, what do you notice? Are things picking up or are you losing some momentum?

In my studies in cognitive psychology years ago at McGill, one of the things I still remember, which has informed my entire career since first hearing 30 years ago is that of the LATENCY and RECENCY effects. Our brains remember the start and end of things. Everything in the middle is "messy". We may not remember or even know what it is.

According to Scott Belsky, author of **The Messy Middle**, the first part of any journey is called the First Mile. It can be useful to return to this regularly. This will include a focus on:

- » Why they are there
- » What they can accomplish
- » What to do next

It's likely that at this time of year you may find yourself moving through the messy middle. It may be characterized by less traction, lack of focus or a different energy.

Activity

What do you notice about the energy and focus of the mid-point of this year?

Consider what's going to help you get traction from the Messy Middle?

What's important to you at this phase?

For more on this topic check out:

The Monthly Daily Trackers are a great visual tool to view what's happening in your work and business. What do you notice about the data and trends?

There are twelve sets of Monthly Daily Trackers and twelve sets of Monthly Content Trackers in the planner section.

"Great teams gain their strength and resilience while toiling their way through the valleys, not just from relishing the view from the peaks."

Scott Belsky

Want to learn more?

Check out Scott book, **The Messy Middle**.