

The Value is in the Process

Today is the second in a series of articles on goals, intentions and success. In my last entry I covered some of the obstacles to achieving success and today I will continue to expand on that theme. Most of what handicaps success is found in the perceived obstacles, not in the process itself. The perceived obstacles to success are often self-created. The most common barrier created is fear.

Even though we may have great desire to change our lives and achieve our dreams, usually fear will come up to stop our progress. It is wise to shift our understanding of fear so that it is a less formidable obstacle. There are several ways to do this. The first shift is to change our focus off of any perceived problems, and instead, concentrate on solutions.

The last I checked, I live on earth, and on earth, we all have problems. Problems come with being human. Jobs, bosses, wives, husbands, friends, family, time, and illness are all areas that can be problematic. Most of our mental energy is focused only on the problem. The problem as we see it blinds us. My suggestion is to get your mind off the problem and redirect it to the solution. Try this exercise. Take pen to paper and divide it into two sides. On the left, write out your problems. On the right side, write out the solution. Use your imagination for the solutions. Even if you think the solution would be a miracle, just write it down. The value is in the process of the exercise. Your mind will become stimulated to creative ways to reduce the obstacles. The process is empowering because we are taking a stand against self-defeating mental attitudes.

One of my favorite authors and mentors is the late R. Buckminster Fuller (Bucky he was called). Bucky said, "The function of humanity is to solve problems. And your reward for solving a problem is a bigger problem." What Fuller is saying is you were born to solve problems. So don't let problems bring up fear. Reduce fear by understanding the problem holds the opportunity for its own resolution. You have the problem so that you can solve it.

The next shift to take is established by asking yourself some questions. What drives you? What are you passionate about? If you have passion about what it is you intend you will have the courage to go through any process. Most people are not willing to go through the process required to achieve their dreams. What I am asking you to consider is the value of the process itself. I can clarify this with an example in my own life.

For many years my wife and I struggled with infertility. We were finally blessed with a miracle son named, Luke. Infertility is a problem. My solution was to write a book to help other couples who have infertility. In 2003, I began the process of writing a non-fiction book on the subject. I planned to self-publish the book. From writing the first sentence to publishing, marketing and promoting the book was four years. The entire endeavor you could call a process. In order to complete this cycle, my passion had to be greater than all of my fears.

I had never undertaken anything like this before. Was it easy? No. Did I make mistakes? Yes, too many to count. Did my failures along the way stop me? No. Was I successful? Yes. I learned how not to produce a book. I learned what not to do if I were to do it again. I was willing to go through a process to learn how not to repeat it. This was a priceless lesson. The value to me was in the process of writing and producing a book. The mistakes I made are not seen as problems, but rather serve as the foundation for how I will proceed in creating my next book.

The next book will be better, smarter, less expensive and will be produced in half the time. The process does not have to be perfect; I just need to do it. If I insist that it is perfect and mistake free, it would be impossible to accomplish. When you have a dream, don't let perfection interfere with possible. Despite poor sales, my book was a great success. I was honored with a Silver Medal from Independent Publisher for Most Progressive Health Book, 2006. I also received numerous letters from women whose lives were changed by my book.

Bucky said, "Look around and see what needs to be done that no one else is attending to. Do what needs to be done to serve your fellow man. It's that simple." Be willing to go through whatever process is necessary and watch your life become extraordinary. I will conclude with one last quote by Henry Ford, "If you think you can, or you think you can't, either way you are right." Remember the value is in the process. What are you waiting for?

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