



The Need to Be Still

By Steven L. Anderson, Ph.D., MBA

A year ago at this time, I was working in a cramped twelve by twelve office. Today, we have a beautiful one thousand square foot training, coaching and office space. This last year has brought many exciting changes to my life. Allow me to share some of those changes with you.

In February of last year, I moved ILS to a four hundred square foot office about a mile from our old location. This provided me with a separate coaching room, room to put together seminars and a training center. That was very exciting. At the same time, I shut down the private practice that I had been running since 2001. It was a real leap of faith that I could make it as a consultant, without my private practice income. To be honest, I was afraid that that gamble might not pay off, but it has. Whew!

With the help of referrals from many of my customers, ILS continued to grow through 2005, and I had the privilege of hiring my wife, Charlisa, in August of last year. There has been a whirlwind of activity since then. Charlisa really helped me make this business more professional by taking over all of the marketing, bookkeeping, and seminar preparation activities that I used to do. She is also very talented with computers and has really helped ILS in that area. In October, more space became available in our building and we expanded into our current offices. This allowed us enough space to hire more people for future expansion and gave us more space with which to serve our customers. Charlisa spent the next month doing a wonderful job painting all the rooms to transform our office into a truly professional environment. During this time, we have also continued to expand our customer base. In fact, we tripled our sales from 2004 to 2005. Also, I just sent my second book, *Embracing Rebellion* to the printer two weeks ago. To say the least, the past year has been very satisfying. But when I sat down and thought about the year, I realized I was tired.

The last year has been one of the most exciting of my life, but it has also been exhausting. I needed to take some time to reflect! In fact, yesterday I took the whole day to just sit still and review the last year. In doing that, I realized a few things. First I realized that I am fatigued and I need some time to heal myself. I feel like we are climbing a mountain and I need time to rest and assess our situation. When I did this I had a real sense of pride about our accomplishments over the past year. It gave me a deep sense of inner peace and confidence with which to continue the journey.

In our frenetically paced world, it often seems to me that we are not supported in our efforts to be still. I think that many of us, including myself, feel that we must just run to keep up. But my fear is that unless we take the time to be still, we will never fully appreciate our accomplishments and refuel. At the same time, we risk burning out from not taking time to rest. It is my belief that no matter how hectic our lives are, and how many demands there are on our time, we need to take the time to be still and enjoy the journey. After all, in the words of Ursula Le Guin, "...it is the journey that matters in the end."