

DTD Episode 78 Show Notes

A Rolling Stone Gathers No Moss but Maybe You Want Some

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Frank Zappa once said, "without deviation from the norm, progress is not possible."



And then Victor Kiam added a humorous spin, "Even if you fall on your face you're still moving forward."

My original thoughts about this episode were to encourage forward momentum. Make sure that you are working on something.

But then I started reading up on the well known proverb, "a rolling stone gathers no moss."

I had assumed that the origin of this proverb was all positive – keep going. Don't be stagnant. However, the original meaning had a negative connotation; if you keep moving you don't lay down roots anywhere. You aren't attached. You won't be as prosperous.

It got me thinking.

As I thought more I realized that some of my clients suffer from not enough motion while others from too much.

Constant motion brings chaos and chaos creates drama.

Without intentional and targeted action you can have turmoil and be busy but not successful.

So my new insight for the episode is that, as with all things it's finding the happy balance. You want momentum in moderation.

I've had a magnet stuck to the front of my fridge for years that encourages a goal for raising kids, "first you give them roots and then wings."

I think that's what we need to do for ourselves too. Create your foundation. Find those things that will be constant; a location, vocation, some friendships, a business, core values, rules of engagement for your life, a general focus or target to work towards. Let one or all of these be your roots. But be sure to sprout some wings. Where do you need to transform? Where is there opportunity to soar, where do you need to learn new strategies or transition your way of thinking or being?

Where do you need to create a goal and stick to it? Where must you invest some time, energy or resources?

The answer to these questions should be aligned with the roots you've grown unless it's time for a complete overhaul of life. And that's beyond the scope of these insights.

They say you can't learn to ride a back by sitting in a seminar. And that's true! So if you've been learning some new things aligned with your roots make a commitment to implement!

Create that goal and begin to roll!

Spend even 15 minutes per day learning something new and 15 minutes per day implementing. Let's see where those wings can take you!

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