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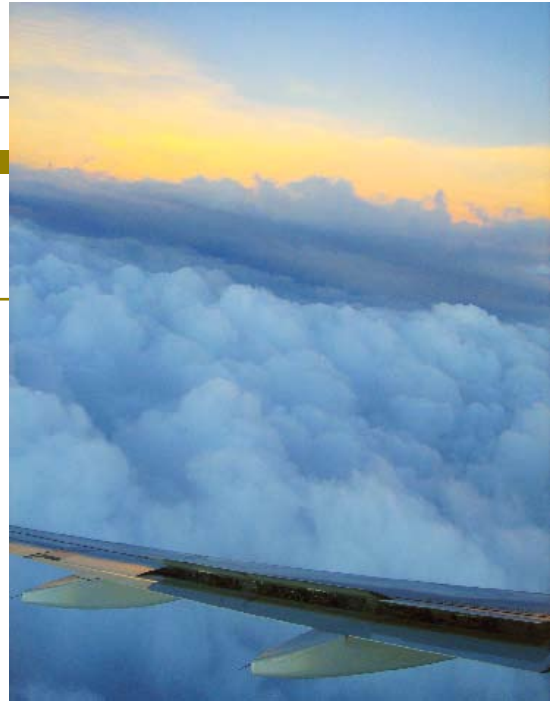
# SCOTTSDALE Airpark News

## views you can use

Leadership, Motivation & Productivity *By Linda Tennant*



## It's Okay to Sit and Stare



**O**n a recent flight, I was sitting in front of a family – a mom, a dad and a little girl about eight years old. The girl was seated directly behind me in a window seat and was focused on an electronic game. As usual, I had brought along an abundance of business items to read and do. We are in the business of helping others increase productivity and as usual, I wanted to make good use of the time.

In spite of my focus on work, I noticed that there were lots of storm clouds in the area yet the plane was working its way around the clouds with very little turbulence. The clouds were truly beautiful – big and puffy with sunlight and distant lightning playing off of them. Have you noticed that when looking from the ground, clouds can appear dark and stormy yet when the plane breaks through them, suddenly they are puffy and white?

My work forgotten, I could do nothing but sit in awe looking at the heavenly view. At one point I glanced around at the little girl in the seat behind me. The shade was still drawn and she was engrossed in her game. Curious, I looked around at the other passengers; no one was looking out the window – many were looking at screens of some type, napping or reading. I realized I might be the only one

experiencing the miracle of the flight. I wanted to stand up and tell everyone to look out the window or at least tell the little girl.

This experience was a reminder for me that sometimes the most productive thing we can do is nothing - period. William H. Davies describes this in his poem entitled, 'Leisure': "What is this life, if full of care, we have no time to stand and stare?" A bonus of doing nothing is that it increases our peace of mind, opens up our creativity and many times provides solutions to problems.

The next time you fly, take a few minutes to appreciate the miracle of flight and especially if it is cloudy, see if you can experience the thrill I had that day. Take a few minutes to look out at the clouds ... it's okay to 'stand (or sit) and stare'. ■

Linda Tennant is President of Attainment, Inc., a franchise of 40-year-old Leadership Management Inc. (LMI). Using a proven Behavior Change Process, Attainment helps leaders improve in the areas of leadership, productivity, communication, teambuilding, coaching and sales. Listen weekly to 'Attainment with Attitude' on the John Adam Show, KXAM1310, Tuesday at 7:40pm.

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