

“If the definition of insanity is doing the same thing over and over and expecting a different outcome, then, how come practice makes perfect?”

– Ella Curry

POLLYANNA LENKIC

EMPOWERING PEOPLE PERFORMANCE

I was in the flow, landing a particularly great parenting point or so I thought! to my 15-year-old daughter Ella.

I was in Tell Mode (deluding myself that I was in training/life lesson mode).

Ending with Einstein's the Definition of Insanity Quote I sat back satisfied.

Ella looked at me perplexed and came back laser fast with,

Well if the definition of insanity is doing the same thing over and over again, THEN how come practice makes perfect?

We can fall deep into the routine of our expertise

We all fall into the crevice of the irony of our expertise

And we all benefit from a reboot, a pattern interrupt on the thinking that drives our behaviours and action.

What do you routinely quote that underpins a belief?

What are the routine behaviours, and actions that follow this?

What would benefit from a pattern interrupt in your work today?

Pollyanna