

Volume 10, Issue 47: Unrelated Intellectual Distraction

When I was researching on the "Managing Your Energy" series, I heard Craig Groeschel mention an article he once read and it lit a bulb in my mind. The article said, "The highest performers generally have an unrelated intellectual distraction. The highest performers - those who are at the peak of whatever they do, they almost always have an unrelated intellectual distraction".

Craig gave his example for this. He is a pastor, but he has a side interest - he has always enjoyed business. He has done real estate and invested in homes for over 30 years. It's a completely unrelated interest, sort of like a hobby for him. Reading books on business stimulates his creativity.

Craig's example made me think of mine. I am an accountant but I have always enjoyed coaching. I have taught classes, coached individuals, but the main expression of my coaching this season is through writing. I have written creatively on a consistent basis for the last ten years. I write to inspire and motivate people, and myself to reach for the best versions of ourselves. My writing goes a long way in recharging my mental energy.

What is your unrelated intellectual distraction? What is the thing that you enjoy doing outside your mainstream occupation? Craig reiterated that if you want to be the best at what you do, you might want to look for an unrelated intellectual distraction. That will help you grow in more ways than you can realize.

For His Glory,

Lillian Chebosi

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