

Managed solitude pays off.

One day recently an associate of mine reversed her stand completely on a troublesome issue. I was curious to know why she had switched her thinking, since the problem was very basic. Her answer went like this. "Well, I haven't been at all clear in my mind as to what we should do. So I got up at 3:30 this morning, fixed a cup of coffee, and just sat on the sofa and thought until 7 A.M. I see the whole matter a lot clearer now. So the only thing for me to do is reverse my stand."

And her new stand proved completely correct.

Resolve now to set aside some time each day (at least thirty minutes) to be completely by yourself.

Perhaps early in the morning before anyone else is stirring about would be best for you. Or perhaps late in the evening would be a better time. The important thing is to select a time when your mind is fresh and when you can be free from distractions.

You can use this time to do two types of thinking: directed and undirected. To do directed thinking, review the major problem facing you. In solitude your mind will study the problem objectively and lead you to the right answer.

To do undirected thinking, just let your mind select what it wishes to think about. In moments like these your subconscious mind taps your memory bank, which in turn feeds your conscious mind. Undirected thinking is very helpful in doing self-evaluation. It helps you get down to the very basic matters like "How can I do better? What should be my next move?"

Remember, the main job of the leader is thinking. And the best preparation for leadership is thinking. Spend some time in managed solitude every day and think yourself to success.