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Coffee with Molly

MANAGING LIFE

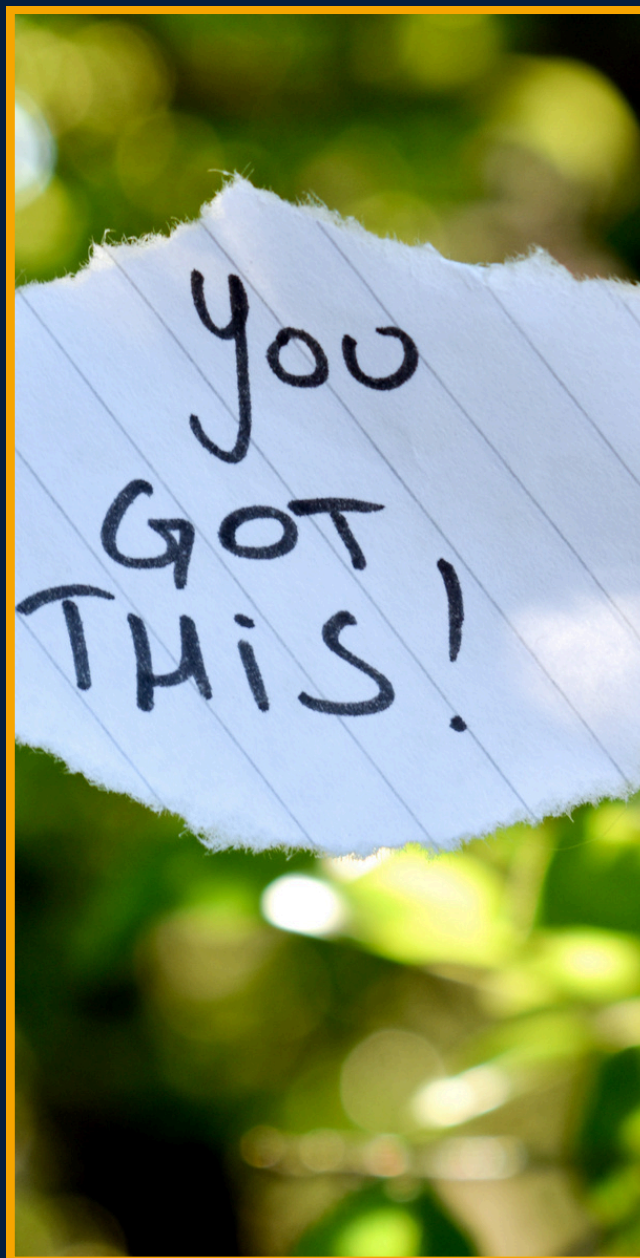
You may have blinked twice at the title for this article! What the heck is Molly talking about today? Stay tuned, this may be a message that you need to hear!

Life in 2026 is fast paced, complex, challenging and exhilarating! Sometimes all at the same time or within minutes of each other. Every day, we arrive at work with a plan and often, within minutes- our plan looks more like a Sci-Fi fantasy than a plan or action! To manage life today, the biggest skills we need are flexibility, focus and personal confidence.

Flexibility, the skill to pivot when necessary and the ability to go with the flow, Today's transportation leader must be able to explore new options, seek new information and be open to new ways of operating. Without flexibility, you can become stagnant and lose your leadership edge.

Focus is also a priority. Every day, you have multiple issues coming before you and between emails, phone calls, meetings and our regular work- it is extremely easy to lose sight of what your priorities are. Focus sounds much easier than it is! Focus means that you daily remind yourself of what needs to be done, what your priorities are, and how you choose to use your time. Focus is also a personal decision. You determine what your focus is. Others can suggest, recommend and even pressure us to change our priorities or to change our plans- but we personally control our focus.

Focus for me has recently become a greater priority. A few weeks ago, I had a medical issue that forced me to change my focus. Unexpectedly, I had an eye issue, and I was forced to stop. Not slow down, not reduce my work- but stop abruptly for a few days. A fluke eye incident brought my world to a screaming halt. At first, the nature of it was overwhelming and the lack of knowledge of what caused it was crazy. Didn't the universe understand that I had things to do and places to go?





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My focus shifted to figuring out what was happening, trying to empower our team to do what they could, keep our leadership informed, and get better. I had to focus on what was right in front of me and be flexible enough to understand that this was temporary and that while I was inconvenienced- life would go on. This temporary stop was not a forever reroute. It was life and if I truly practiced what I preached - I needed to be flexible, to understand my focus and to take care of what needed attention.

I wish I could say that I had no worries during this time. I am a major overthinker and I did not just go with the flow. I worried, prayed and even tried to find ways around the doctor's orders! But reality is an eye opener. I had to understand that I needed to do in the short term what was necessary to keep my long-term focus.

The last skill I mentioned was personal confidence. Personal confidence is understanding that you are human, that "stuff" happens to everyone, that you will get through what is ahead and that a delay is not the end of the world.

One of our members, who is a breast cancer survivor shared with me that her illness has enabled her to put her life in perspective. She is healthy for today but recognizes that like all of us, life does not guarantee ease. She is an exceptional professional and she has used what destroys so many- to practice this flexibility, focus and personal confidence. She has an attitude of gratitude and a realization that she can handle whatever comes her way. She has also decided that she is not going to waste one minute of that life. I admire and celebrate her!

As you read this, take a few moments to think about your day today. How did you start your day? What were your intentions and plans? How did you interact with others? Did you practice focus, flexibility and personal confidence?

This morning, before my first cup of coffee, I spent time in reflection and thought. As a person of faith, I incorporate prayer and meditation. I start with gratitude for all that I have, all that I am and the opportunities before me. I also thank God for the awesome leadership of NAPT and the Foundation, our terrific but small professional team and the privilege I have to serve. I ask God to remind me not to "sweat the small stuff"!

Remember, you are enough! You are where you are, in the job you have and with the people you work with for a purpose! You got this!