Living on the Tippy Toes Manifesto

18 Ways to Move Fast on a Big Idea Without Stumbling, Wobbling, or Wavering

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#tippytoesmanifesto

You're used to moving fast...

As a child, you did things quicker than other children your age. Your teachers, caregivers, and parents were amazed at how fast you were progressing.

As you grew older, you excelled in a hobby or skill with no formal training. In fact, people often marvelled at how quickly you were able to learn new things. Your favorite expressions were "C'mon, let's go!" "What are we waiting for?" "Let's stop talking and start doing!"

Now, as an adult, you bring that "must do right now" attitude into everything you do...

This is what's known as running on the tippy toes...

Making decisions quickly, taking fast action, implementing ideas rapidly.

You dart from person to person, and move from one idea to next because you want to help as many as possible before you forget. Before you lose energy. Before the market changes and new trends appear.

Sure, some people get upset at your speedy approach...

They say you're rude, pushy, clueless, snobby, impulsive, or preachy.

Your "*do now, ask permission later*" approach often irritates others.

Frankly, they don't understand you. And it doesn't matter. Because in your heart, you know that your only motive is to transform chaos into clarity.

You're not interested in being called a maverick, rebel, renegade, misfit, or even an outlier...

Because freedom isn't about being rebellious, defiant, or reckless...

You just want the courage to continue running on your tippy toes!

The courage to...

Collaborate with interesting and diverse people

Listen to divergent and uncommon ideas

Experiment and test theories

Ask questions that satisfy your curiosity without being called nosey

Reflect on the choices you've made without judgement or criticism

Scratch that innovator's itch and do some epic stuff without waiting to get the degree, approval, or permission

But just when you feel like taking a break...

Your inner critic shows up...

Your inner critic reminds you that if you stop, you'll fall behind. That there's no time to rest, celebrate, or ask for help.

Your inner critic reminds you that you need to work hard so people will like you. That if someone gets in your way, push past them.

Your inner critic demands that you keep going because you're not even there yet. Wherever *there* is.

So, you continue running on your tippy toes!

But running too fast for too long creates an illusion...

An illusion of busyness

An illusion of an exciting and full life

An illusion that everything is okay

Running without rest masks the reality...

You're exhausted, stressed, overwhelmed, unhappy, distracted, and lonely.

Blisters and calluses have formed which make running on your tippy toes even more painful.

These blisters and calluses represent the decisions you're not making, the actions you're not taking, and the boundaries you're not enforcing.

You start to wobble. And teeter. And waver.

And like a spinning top, you fall down...

You lose your form and topple to your side.

Maybe falling down is a health scare, for example, a cancer diagnosis, chronic pain, or unexplained weight gain.

Or, maybe it's a financial issue, such as bankruptcy, job loss, or ongoing unemployment.

Maybe falling down is a relationship problem. Divorce, estrangement from a family member or friend, or ongoing conflict with your boss, co-worker, or client.

Or, maybe you had a crisis of identity; not knowing who you really are, or why you're here.

So, you're forced to slow down...

You want to keep moving, and you do so, but slowly. Just like zombies in an apocalyptic film, you've slowed down to a mind-numbing shuffle.

You're now a walker...

You shuffle amongst the other walkers who encourage you to slow down. Because slowing down keeps you safe, they say. Slowing down makes you likeable, they say. Slowing down helps you fit in, they say.

Too undead to notice and too numb to care that dreams are dying, and souls are decaying.

Shuffle, shuffle, walk, walk...

The shoes of a walker just don't fit...

Moving slow is creating a new kind of stress. It's unnatural. And you're bored.

You cannot help but move quickly, make decisions fast, and implement rapidly. You cannot stop what is innate to you.

Because you've come to understand that you cannot stop being on your tippy toes...

Being on your tippy toes isn't a burdensome burden; it's a beautiful blessing...

It's your strength, your gift, and your competitive advantage!

So what now?

Running on your tippy toes causes stress, exhaustion, and unhappiness.

But walking is boring and unnatural.

So, how can you resolve this conflict?

By doing just one thing...

Model a Ballerina!

She gracefully glides across the floor, moving her body effortlessly to the music.

Her movements aren't hurried, awkward, or uncoordinated. She isn't rushing to finish her dance. Every step is fluid, artistic, and elegant.

Yes, the ballerina moves on her tippy toes. Sometimes, she'll dance quickly. Other times, she'll slow down. She rarely dances on the flats of her feet because that's not natural for ballerinas.

Her athleticism keeps her in complete control of her legs and body. She moves with both power and grace.

Every move she performs is deliberate, purposeful, and meaningful.

This is what you need to do...

Stop running erratically and start living fully on your tippy toes!

When you do, you go from a checklist-oriented existence to a passion-oriented life.

Instead of running and wobbling, you exhibit a graceful combination of artistry and athleticism.

Instead of darting from one idea to the next, like runners do, your choices become more purposeful.

Living on your tippy toes helps you to stay in momentum and avoid the confining habits of the walkers.

Yes, you're still in motion...

And yes, you do so on your tippy toes...

But you now approach every project and idea with a measure of mindfulness and caution.

Your inner critic is now your inner champion...

Your inner champion is no longer a dissatisfied critic; she's now a diligent partner.

You use your inner champion's power of discernment to protect you from pursuing the wrong project, connecting with the wrong people, or following the wrong philosophies.

That's what you used to do when you were running on your tippy toes. And that's why your inner critic was so, well, critical.

Now that you're living on your tippy toes, your inner champion is happy to partner with you on your choices.

Here are 18 ways you can start living on your tippy toes!

#1

Identify your pressure signature

Every human impacts the ground with their feet in a unique way. This is called your pressure signature. Explore what makes you unique by uncovering your values, beliefs, and gifts.

#2

Talk about your calluses and blisters

After years of dancing, ballerinas have calluses and blisters on their toes and heels. You can either hide yours, or you can tell the story behind each ugly, painful callus. Because calluses are layers of skin with a better story.

#3

Embrace your inner dancer

Years of creative inactivity causes idea atrophy. Tap into your inner dancer and start moving with artistry and athleticism. Doing so will awaken the artist within who'll reward you with that big idea.

#4

Create a fresh new tempo

In the late 1970s, Grandmaster Flash did something that no one else did – instead of playing a record, he scratched it on a turntable. His style created a new genre of music. While everyone else is grooving one way, you can groove the other by innovating a product, process, or philosophy.

#5

Groove with a crew

Put together a mastermind group or inner circle of those who understand your need to live on your tippy toes. They're the ones who will see your feet and keep your bunions, warts, and blisters a secret. They will also keep you accountable and moving towards your target.

#6

Give your feet a Sabbath

You can't live on your tippy toes unless you take some time to rest. There are many benefits to taking time to rejuvenate. Designate a 24-hour period where you will allow your feet – and yourself – to rest. Enjoy the power of purposelessness.

#7

Change your shoes quickly

You may have to change direction when you uncover new information. Don't worry about what others have to say. Change the shoes quickly so that if the new direction doesn't work, you recover by putting on old shoes.

#8

Wear some gels

Gels or cushions in the shoes give your feet some support. As you live on your tippy toes, you'll need to use certain tools to help you move fast without undue stress. Automate repetitive tasks, and delegate what you're not good at.

#9

Ignore the walkers – and the runners

Those who are walking slow or running fast are going to be your biggest critics. The walkers say "Slow down" while the runners say "You're moving too slow." Ignore them. Because history rewards the artists and ignores the consumers and critics.

#10

Co-ordinate with your arms

There's a character on *Seinfeld* who could not swing her arms when she walked. Moving your legs without your arms looks awkward. Your feet will take you place to place. Once you get there, you'll need your arms and hands to pick things up.

#11

Reflect on the small steps

There's a hotel I stayed at where they celebrated being fourth ranked. They didn't need to be #1 to celebrate this small feat. When living on the tippy toes, the danger is to keep moving to the next project without taking time to reflect. Carve out time to celebrate the small steps.

#12

Create your sacred space

Your inner dancer needs space to work out the kinks. Aim to dedicate space in your home or rent an office where its primary purpose to help you test, tinker, and toy with ideas. No other activity should take place in this space except to create.

#13

Go barefoot from time to time

There was a time when it was scandalous for women to show their ankles. When you go barefoot, you expose your vulnerabilities which makes you more likeable and believable.

#14

Get the shoe if it's your style & color

The shoe may match your budget, but not your style or preferred color. Don't settle. It's better to wait for what you truly desire. Sometimes, waiting is the best solution while living on the tippy toes.

#15

Learn from a bad dance

Okay, so you did an Elaine Benes or Carlton Banks at an event. And it was recorded. And it went viral. We all need at least one bad dance. It's humbles us. And helps us write a better story. So do at least one bad dance.

#16

Express a spirit rich no

The word "No" is one of the hardest to utter, yet it can save you from wasting energy, time, and money on projects and tasks that deplete your confidence and cashflow. By saying "No" in a spirit rich way, you protect what you're saying "Yes" to.

#17

Resist tippy toe envy

Maybe someone else is living on their tippy toes better than you. Resist the urge to criticize or judge. Instead, see the beauty in their movements. Celebrate their accomplishments. Be the person who elevates someone else's tippy toe form.

#18

Connect to the Divine Dancer

Life on the tippy toes can be lonely, especially if you're surrounded by nothing but walkers or runners. Strengthen your relationship with the Divine Dancer by connecting with God daily for love, guidance, and support.

About the Author

My parents tell me that while most children learned to walk, I skipped that part and started to run on my tippy toes.

Going fast worked to my benefit. As a tomboy, I climbed trees, rode my big wheel, and ran as fast as I could down grocery isles.

In high school, I played basketball. I was too short for the position I played (small forward), so I used my quickness to get around girls who were much taller than me.

After I graduated from university with a degree in History, I launched my first dot com venture in just five days.

That's the way I've lived my life; making decisions quickly, taking fast action, and always on my tippy toes.

After my first dot com, I used my quickness and speed to write seven books, ignite two movements, and launch a digital marketing agency.

I also use my quickness to spot trends and tell my clients where they should put their focus next.

Along the way, I've met my share of *walkers* – those who told me to slow down, be careful, and take my time.

I felt that those telling me to slow down were either jealous of my progress, or didn't want to see me succeed. So, I continued to run on my tippy toes.

But going fast on the tippy toes means you eventually wobble...

My wobbling showed up in the form of over committing, overworking, overgiving, and overachieving. This is what I call suffocating in the "o" zone. I would suffocate in the "o" zone to prove my worth.

Even though I've had many firsts in technology, I got so tired of running and wobbling that I wanted out...

So, I enrolled in an evangelism course and completed the program in a year.

But the evangelist shoes didn't fit well. So, I put on a new pair of walking shoes and re-invented myself as a money expert. When those shoes started to squeeze, I took them off and became a sales conversation expert.

Eventually, I went back into technology because those were the shoes that fit the best.

And now, as a futurist and tech pioneer, I finally found the freedom I've been looking for now that I live fully on my tippy toes.

Join the Living on the Tippy Toes Society!

The best way to live on your tippy toes is to join a community of likeminded action takers.

Go to www.leesareneehall.com/society to join the *Living on the Tippy Toes Society*.

When you add your name to the list, you'll get an invitation to join the closed door society on one of our favorite social networks.

You'll also meet people like you – individuals who are ready to live on their tippy toes. Plus, I'll send you weekly tips on how to gracefully mix artistry with athleticism so you innovate your income with ease.

Go to www.leesareneehall.com/society to join the society.

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Go forth and live on your tippy toes!