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Most of us often get caught in realms where we are under attack and we have no tactical plan. This happens a lot because people around us are vying for power or control and their actions intersect our lives in a thousand different directions. We are constantly having to react to what others do or say, and quite often we can get emotional in the process. Once you are dragged into someone else’s fox hole, it is very difficult to climb back out. You end up dealing with one battle after another, and almost all of them end with no resolution whatsoever. It is very hard to recognize this for what it is--you are often too close to it, too mired in it to have the right perspective. Because there are so many people now vying for power in this world, and our attentions are so distracted in many different directions, this dynamic only gets worse and worse. You must have a strategy to intercept, decline, or avoid the things and people sucking the blood out of you.

Strategy is the only answer. A good strategy can be the difference between a life of misery and one of balance and success. To form a strategy, you must at least engage in a mental process to elevate your mind above life’s battlefield. You have to gain a level of awareness of your surroundings and then form a sense of a larger purpose for your life. Determine what is important to you and where you would like to be: now, tomorrow, 5 years from now, 10, 20, etc. What do you want to accomplish? Answer these questions and then devise a strategy that gives you the best chance of achieving what you desire.

Having a strategy also helps you gain more awareness about which battles you should avoid. A strategy can also help you control your emotions as well as enable you to view the world with a degree of detachment.

If a person tries to suck you into their battles or problems, a strategy will allow you to have the necessary distance and perspective to keep away or help them without losing your balance. Living with a strategy leads to good structure and helps you stay organized. Defeats or setbacks won’t deflate or insult you. Rather, you will learn lessons and become better as a result of the defeat or setback.

When forming a strategy, it is important to avoid becoming a false strategist. A false strategist is someone who is a master tactician who uses manipulation and deceit to get things done. Politicians and crooked corporate managers often fall into this category. Eventually, a false strategist will slip up or crash and burn.

There are many people who have big plans in life, but their plans are very unrealistic. Their so-called strategy looks large and encompassing and appears to make sense on paper, but in practice it is a massive failure--all because it has no relation to the reality on the ground. Your strategy must be realistic and reasonable. Nothing is wrong with grandiose aspirations, but ignoring the external environment that can wreak havoc on you is the exact same as shaking hands with and inviting havoc into your life.

Many bad things happen in this world because people in charge lack an effective strategy. Wars are often launched without anyone knowing the reasons

or objectives; businesses are started on shaky ground and get nowhere; political campaigns are badly thought out and fail; valuable time and energy are wasted on things that do not matter. Many people talk like experts from their armchairs. Nothing is easier. But it ends there. All talk and no action. To translate ideas into reality requires strategic thinking.

When it comes to following a leader, follow those with strategic wisdom and avoid those who are incompetent and stupid (if you can). According to the ancient Greeks, far more harm is caused in this world by stupidity and incompetence than outright evil. Those who are overtly evil can be combated because they are easy to recognize and fight against. The stupid and incompetent are far more dangerous because we never quite know for sure where they are leading us until it is too late--and strategic wisdom could have prevented much of the damage. In fact, some of the greatest military disasters in history happened because many leaders lacked strategic wisdom.

So, if you are agonizing in a world controlled by others, it’s time strategize and create the world you prefer. Form a strategy, even if it is only a mental one --then half the battle is won. A good strategy will lead to effective action and a sense of relief and freedom.

When life is a bull, staring you down and pawing the ground, you will need a strategy in order to survive. You can either devise a strategy for grabbing the bull by the horns or have no strategy and end up being tossed for a loop and gored. Your choice.

~ The End ~