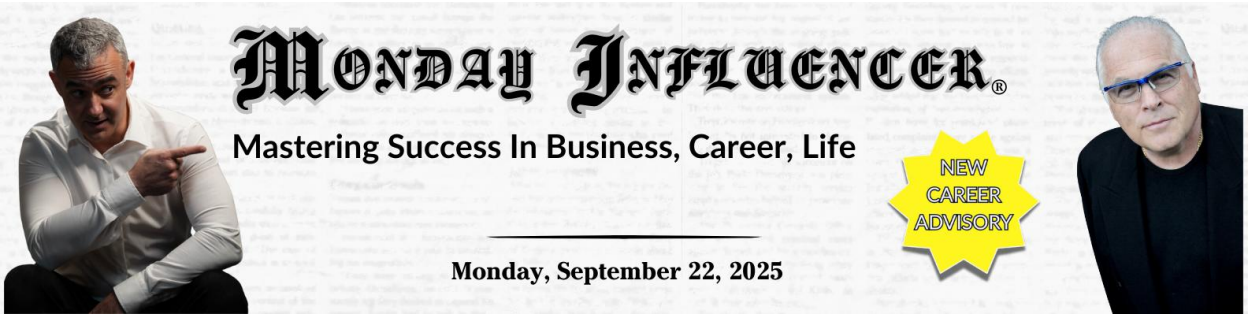

MONDAY INFLUENCER® ABSTRACT: SEPTEMBER 22, 2025

For the audio version, please click <here>.

Nathaniel C. Schooler & Steven J. Manning
Publishers . Business Intelligence Strategists . Content Creators and Curators

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EVERY ABSTRACT PROVIDES IMMEDIATE AND ACTIONABLE SOLUTIONS FOR EACH CHALLENGE WE ANALYZE.

No fluff! We cut through the noise to give you immediately applicable strategies and tangible solutions for the challenges you face.

- 2-3 brief sentences on each challenge
- Immediately actionable strategies for each

- Tasks, timelines & expected outcomes

IMPORTANT: However critical every challenge that we tackle, not every one of those is imperative for every subscriber. Please assess your current and future challenges to decide the best order for addressing them.

This morning, we tackle **THE TOP THREE GORDIAN KNOTS IN CAREERS AND LIFE.**

Indulge your humble scribe (Manning) with some brief background on Gordian Knots, saving the curious among you a few minutes of research.

Working backwards, in the present vernacular, you, we, heck **all of us, encounter Gordian Knots in life, career and business.** Those would be events or moments when faced with an issue that we know can be life, business or career changers that stop us dead in our tracks.

The proverbial “OH NO!!” moments.

When many stop breathing, while their hearts are racing. **“My life just changed”** moments. We are faced with a really complex problem or unavoidable turning point that, certainly in the moment, we think intractable! Certainly with our present knowledge and resources. Heck, again, for **a moment that seems like a “jump off the bridge” thing.**

OK. Not so fast. After all, you are reading this MONDAY INFLUENCER® ABSTRACT!

Our friend, the mighty sword-wheeling murderous friend, Alexander the great, gave us the roadmap to that around 333 BCE. You see, Gordas, father of King Midas, no slouch with a sword and with a few tons of bad will, thought to do two things to accomplish two goals. First, insure he would be ruler forever. Next, teach his kid a a biiiiig lesson. He created a knot, tied the knotted rope to a post, a knot that was so intricate that he figured no one would ever untangle. A Gordian knot. If fact, he was so bold that he declared that anyone who could undo his knot, would reign the empire forever.

Cool, no?

Well, the kid, Alex the Great, after giving the “untying thing” a good try, he said the heck with that. One swipe with his sword, the whacked the knot to pieces. Knot problem solved. I expect he had a meal or two after, just before conquering much of Asia.

Perhaps it is just that one act that got Alex on my list of people I would love to have a couple coffees with. My kind of guy. I mean the problem solver. Not so much the conqueror of Asia, with the blood of at least 400,000 people on his hands. Some estimate that as perhaps millions. Appears that the statisticians and record-keepers of the times had neither Internet nor AI at their disposal.

So… What to learn from the rather efficient and clear-thinking Alex and Gordian Knots.

- **Complex Problems**. Seemingly unsolvable issues requiring ingenuity.
- **Bold Solutions**. Thinking outside conventional norms or taking decisive action rather than getting bogged down in complexity.
- **Bold Leadership.** Alexander’s act symbolizes a leader’s ability to break through obstacles with audacity. Without a moment of paralysis by analysis, and data overwhelm.

The bottom line:

SOLVING A DIFFICULT PROBLEM OR PROBLEMS WITH SWIFT, UNCONVENTIONAL APPROACHES, WITH THE USE OF READILY AVAILABLE STRATEGIES.

TOP THREE GORDIAN KNOTS IN CAREERS AND LIFE
… And how to wield our version of Alexander's sword to overcome those.

1. CAREER BURNOUT

Prolonged stress from work demands and conflicts between work and life-imperatives lead to exhaustion, pessimism, cynicism and reduced effectiveness. All those create a vicious cycle that impacts health, performance and relationships.

TASKS AND TIMELINES

‣ **FIRST AND FOREMOST: COMPLETE AN HONEST ASSESSMENT OF YOUR WORKLOAD.**
Weeks 1-2.

- Track all your repetitive tasks for one to two weeks. Understand their hierarchy of need—and identify those that are superfluous. I am reminding you of our preferred measurement of importance matrix, the Eisenhower Matrix. Qualify all your tasks to fit the appropriate level of importance:
  - **Urgent and Important.** Tasks that need immediate attention
  - **Important but Not Urgent.** Tasks that while important can be scheduled for later.
  - **Urgent but Not Important.** Tasks that require immediate action but are not crucial.
  - **Not Urgent and Not Important.** Tasks that can be eliminated or delegated.

  Words to the wise. This is not the time for vanity projects. To be clear, stuff that does nothing for your go forward, that you seem to be married to for reasons of ego.

‣ **Set boundaries.**
Weeks 1-2.
Negotiate off-hours and delegate at least 20% of all your tasks. Mind the Eisenhower Matrix.
‣ Your commitment to your goals must not ignore your mental health. Devote a half hour each day to mindfulness and or exercise. Take a full day break every week.

First 1-2 months, with monthly check-ins.

Words to the wise. This is not the time to confuse those life-work balance theories with just basic mental health. You can achieve work-life balance once you untie or chop away all your Gordian Knots.

‣ Again and again and again: you are not Robinson Crusoe on a desert island, valiantly working to survive! **Get help!** It is all there for you: coaching, therapy, mentorships and all the great tools that we continue to pitch to you, including Coursera, Udemy, edX, LinkedIn Learning, Skillshare, Khan Academy and many others. If you have an Internet connect and can type, those are two clicks away.

Timeline: initial 1-2 months. You must have ongoing check-ins to validate the work, progress, need for adjustments. Expand that timeline however you require, but not more than six months. That is a limit when you must re-assess.

Words to the wise. Your ongoing check-ins and re-assessments are musts to prevent relapses.

EXPECTED OUTCOMES
Lower stress, better energy, 20-30% productivity boost, and higher satisfaction in 3 months.

2. PURSUE SKILL-BUILDING AND ROLE REDESIGN

This is self-explanatory. You already know this is a must! Perhaps you may want to re-read last week's MONDAY INFLUENCER® ABSTRACT on re-skilling and more.

TASKS AND TIMELINES

Weeks 1-4.

- Identify skills: Use assessments for passion-aligned areas.
- Redesign role: Propose shifts for 10-20% new tasks.
- Network: Join groups for support.

Months 1-3

- Implement
- Track: weekly and monthly reviews.

EXPECTED OUTCOMES

40% drop in burnout via role crafting, better engagement, promotions, and control in 6 months.

3. OVERCOMING MAJOR LIFE TRANSITION (E.G., JOB LOSS OR CAREER PIVOT)

Again, most of us can relate to this. This is really when the proverbial "chips are down." A standard Manning admonition here: FAILURE IS NOT AN OPTION.

Except that when you are at this Rubicon that you must cross, Manning is not urging you on. He is screaming at you: FAILURE IT NOT AN OPTION!!

TASKS AND TIMELINES

Weeks 1-2

Budget: Cut 20-30% non-essentials; apply for benefits. Consider alternative sources of income such as extended work hours or a side gig or both when imperative.

Weeks 1-2

- **Hope for the best but YOU MUST PREPARE FOR THE WORST.** Build a reserve for 3-6 months coverage before making a drastic career move.

Weeks 2-4

- Emotional: Daily journaling, therapy/groups.

Months 2-6

- Network: develop 5-10 contacts weekly. Reach out with regularity to all of those—weekly—to cultivate your new relationships. Only good can come of that.

EXPECTED OUTCOMES

Less anxiety, 50% faster re-employment with support; confidence in 3 months. You, a very new you, with much more focused, more satisfied, more positive future outlook.

Thanks for reading or listening.

Feel free to reach out to us when in crisis. Again, you are not on your own, particularly in the MONDAY INFLUENCER® FAMILY OF WORLD-CLASS EXPERTS.

Also please reach out when you find that amazing road to a good career and life.

We celebrate your success.

TOP EXPERT TALKS AND INTERVIEWS OF THE WEEK

Links to these expert interviews and talks will be coming your way by email.

1. Expert Talk: Commercial Storytelling with Paul Thies. Link here.
2. Expert Talk: Effective Job Seeking -- Interview with Craig McAlpine. Link here.
3. 9 Productivity Hacks That Changed Everything: What Steven J. Manning Taught Us

Link to follow prior to the broadcast on Thursday.

All our Thursday interviews are available on YouTube and all major podcasting channels.

THE AI TIPS OF THE WEEK

You can quite easily build software to work for you within very short amount of time. There are many different platforms to use. We are keen on Google's tools.

The sky is the limit. Go to Google AI Studio and click the build button. You can build just about anything that you need to assist you in your daily tasks. Feel free to drop us a message at info@mondayinfluencer.com if you come across something really cool!

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