

Are You Busy to a Fault?

Of course, if we had time to think about it, we'd certainly notice the stress and anxiety that this behavior creates. But there are other shortcomings that may not be as apparent. Consider the following...

If you weren't so busy, you'd:

Enjoy the moment rather than worrying about your next commitment.

Organize activities in an efficient way rather than doing things haphazardly.

Build deep, trusting relationships rather than superficial ones.

Spend quality time with folks rather than being physically present but mentally absent.

Determine the best way to do something rather than acting first - thinking later.

Address the root cause of a problem rather than applying a band-aid solution.

Show gratitude rather than worrying about wasting precious seconds.

Tackle priorities rather than addressing easy items on your to-do list.

Do things right the first time rather than doing them over and over.