

busy-ness

Person One: "I'm SO busy. I had to get up at 6 a.m. to work on my presentation and then corral the kids, race to my client meeting, get across town for a luncheon and now I won't get home until after 6 p.m."

Person Two: "Oh, me, too. I'm soooooo busy. I actually had to get up at 5 a.m. to finish my proposal and then I had all these meetings and then of course there's the big project I'm in charge of and I can't possibly leave work until at least 7 p.m."

Person Three: "You two are so lucky. I'm SO much busier than both of you..."

It's time to drop the glorification of busy. Busy is not a virtue.

The problem is being busy feels good. The human brain loves feeling busy. You get a dopamine rush every time you cross off an item from your to-do list. It doesn't matter if the item you're crossing off is important or not, you still get a rush. On top of this, telling others that you're busy is an ego boost. Being busy makes you feel important. Busyness is a drug.

The only way to get off it is to start obsessing with results. What's the result of what you're doing? What's the outcome? Is there any value in spending six hours a week watching television, or four hours at some event that your family or friends want you to attend? Perhaps there is. But perhaps not.

Your time is precious, spend it wisely.

If you want to be productive, if you want to achieve worthwhile goals while feeling a sense of fulfillment, it's time to get focused. You need to start being self-aware enough to reject busy, meaningless activities and, instead, to focus on the one or two things that really matter to you each day.



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