

## **DTD Episode 89 Show Notes**

### **Are You the “I’m too Busy” Bee?**

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As you listen to conversations in a restaurant or a conference room doesn’t it seem like people everywhere are in competition to see who is busier? Technology is wonderful and has created efficiency and mobility. However, too many of us are filling every moment with value add activities, eeking out every morsel of output from every minute of every day.

Joshua Becker Website [Becoming Minimalist](http://www.becomingminimalist.com/) Best selling author “Simplify and Clutterfree with Kids” <http://www.becomingminimalist.com/>

In a recent blog post he shared the “9 Hidden Lies that Keep our Schedules Overwhelmed”

- 1. Accolades will bring fulfillment.**
- 2. Money will bring happiness.**
- 3. I don’t have a choice.**
- 4. I’m more productive if I’m busy.**
- 5. I am needed.**
- 6. Everything is important.**
- 7. I need to be busy to keep up with everyone else.**
- 8. Busy makes me look more important.**
- 9. Quietness is laziness.**

- 1. Accolades will bring fulfillment.** As he describes, people believe that busy means accomplishment and accomplishment equals accolades and fulfillment.

I remember years ago seeing an illustration of a very busy maze and one that had a pretty straight shot to the center. At the top it read something to the effect that busy doesn't always mean productive. And that's the thing, being busy doesn't mean you are getting anything done. Or, perhaps you are getting things done but not the important things. Anyone can stay busy 24/7 but what are you really achieving? If you aren't using your time effectively you won't accomplish much no matter the effort. And, even achievement doesn't guarantee the accolades or gratitude of others. Do your work well and find a why that doesn't include seeking out the approval or validation from others.

**2. Money will bring happiness.** We get caught up in the double misconception first that money will solve all of our problems and make us deliriously happy and second, that there is a direct correlation between busyness and money. Unfortunately, neither is true. As a former single mom I can vouch for this for sure! I was busier than I'd ever been but most of what I did was not to earn money. Constant motion does not guarantee wealth.

**3. I don't have a choice.** Many of us live over-busy lives because of the expectations and demands of others. Some of us create the chaos ourselves thinking there are no other options. I teach my clients that the mere fact of living from the belief that you have no choice, that victim mentality, will create more stress and overwhelm. You always have options. Are there negative or unpleasant consequences to the alternative? Possibly. But you are empowered to choose a new path. Avoid the phrase "I have to" to see how different it can feel. From an empowered place of other things are possible see what creative changes you can make.

**4. I'm more productive if I'm busy.** I always say you can full tilt for a sprint but not a marathon. Yes, getting in the zone fully focused you can be very productive. But you must have periods for rest and rejuvenation. Check out the book "The Power of Full Engagement". They help business people adopt the strategies used by world class athletes. Key to success, full focused action with built in periods of rest.

**5. I am needed.** Some people need to be needed and that desire drives them to say yes to any request. I always tell my clients, "others will fill up every moment of your life if you let them." If you always say yes you will be known as the go to person and more people will follow. Be intentional about where you give your time and serve from the heart rather than to fill that void of I am needed.

**6. Everything is important.** I still love the illustration that Stephen Covey used years ago in his "7 Habits of Highly Effective People" videos. He had a container with rocks, one with sand and one with water. He asks participants to come up and fit everything in one container. Adding the large rocks to the sand does not work but start with the rocks and fit the smaller stuff around it and more is accomplished. If you take the time to figure it out some things are much more important than others. Unless you are intentional with your time, however, the little stuff that comes at you monopolizes all of your time. Emails, phone calls, people stopping in, other people's agendas. In this age of technology we are plugged in 24/7. We have more requests and information coming at us constantly. And its presence doesn't make it important. You must decide ahead what takes precedent.

**7. I need to be busy to keep up with everyone else.** We get constant, edited windows into each other's lives. Facebook and reality television make it feel like everyone else is doing more, enjoying more, earning more. That "reality" isn't real. They are specially selected tiny windows into other people's lives. You aren't competing with their truth.

**8. Busy makes me look more important.** I just covered this topic in my last episode. People sometimes concoct or create busyness to appear important. Meanwhile they just looked frazzled and disrespectful. Being intentional with your time, prioritizing well and handling what you choose to take on with grace is far more impressive.

**9. Quietness is laziness.** It seems like the entire world is in a competition for who can be busiest, he or she who gets the most done wins. The goal is efficiency and effective use of time. We forget that effective use of time can be about sleeping, reading, contemplating, being. How often do we forget to just be in the moment? I often coach clients through periods of transition, which require times of quiet contemplation. In our active society this can breed guilt so I encourage them to give themselves grace and allow for those necessary times of quiet. I've coined a phrase that helps them realize that the quiet is actually doing. I call it the cocoon phase. Quiet is not lazy. Quiet is necessary.

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