

DTD Episode 99 Show Notes

Are You Bored?

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Recently, I was at an event and overheard someone talking about how bored they've been over the last few months. It really made me stop and think. I absolutely cannot remember a time when I have felt bored.

I must admit I've definitely been unproductive, lazy, tired, procrastinating, overwhelmed and many other things that have kept me from getting into gear, though these are rare. But, bored has never been one. That feeling that I have nothing to do.

I had to stop and think, "what would that be like?"

I must admit that at first a part of me felt a little jealous. Wow, to just be done with all of the pressing tasks. No deadlines weighing down, no pressures, no "I really should's".

But, as I thought further, I really became sad for this person. Because the flip side of "I'm bored" is the missed opportunities for excitement, a sense of accomplishment, fulfilling your passion, living life on purpose, making it happen, getting it done, the exhilaration of hitting a big milestone, or that Ahhhh feeling of rolling into bed after an exceptionally productive day.

I'll take overwhelmed, stressed and driven any day. I am blessed to live the full life that I am living. It's how we are meant to live. To live any other way means to deny the world of our unique gifts, talents and skills.

Yes, I'm sure I push myself a bit too hard at times. But the fire in my belly, the energy in my step, the smile on my face and the joy in my life are what it's all about. And it's how you are meant to live too!

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