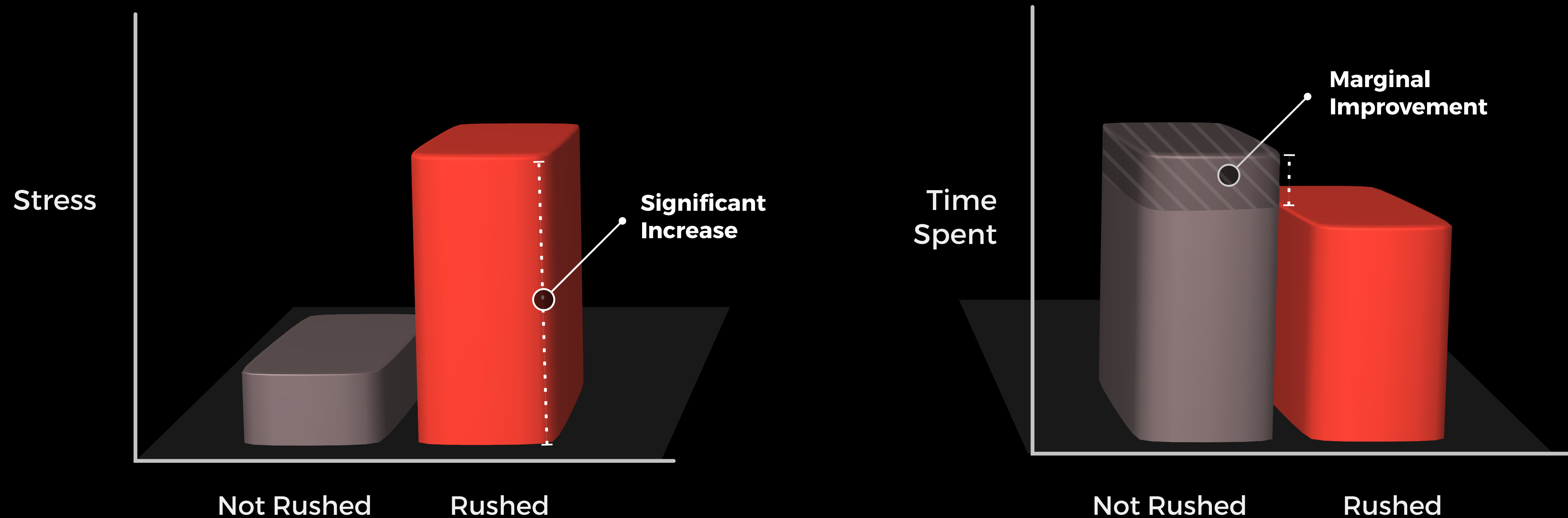


The Myth of Rushing

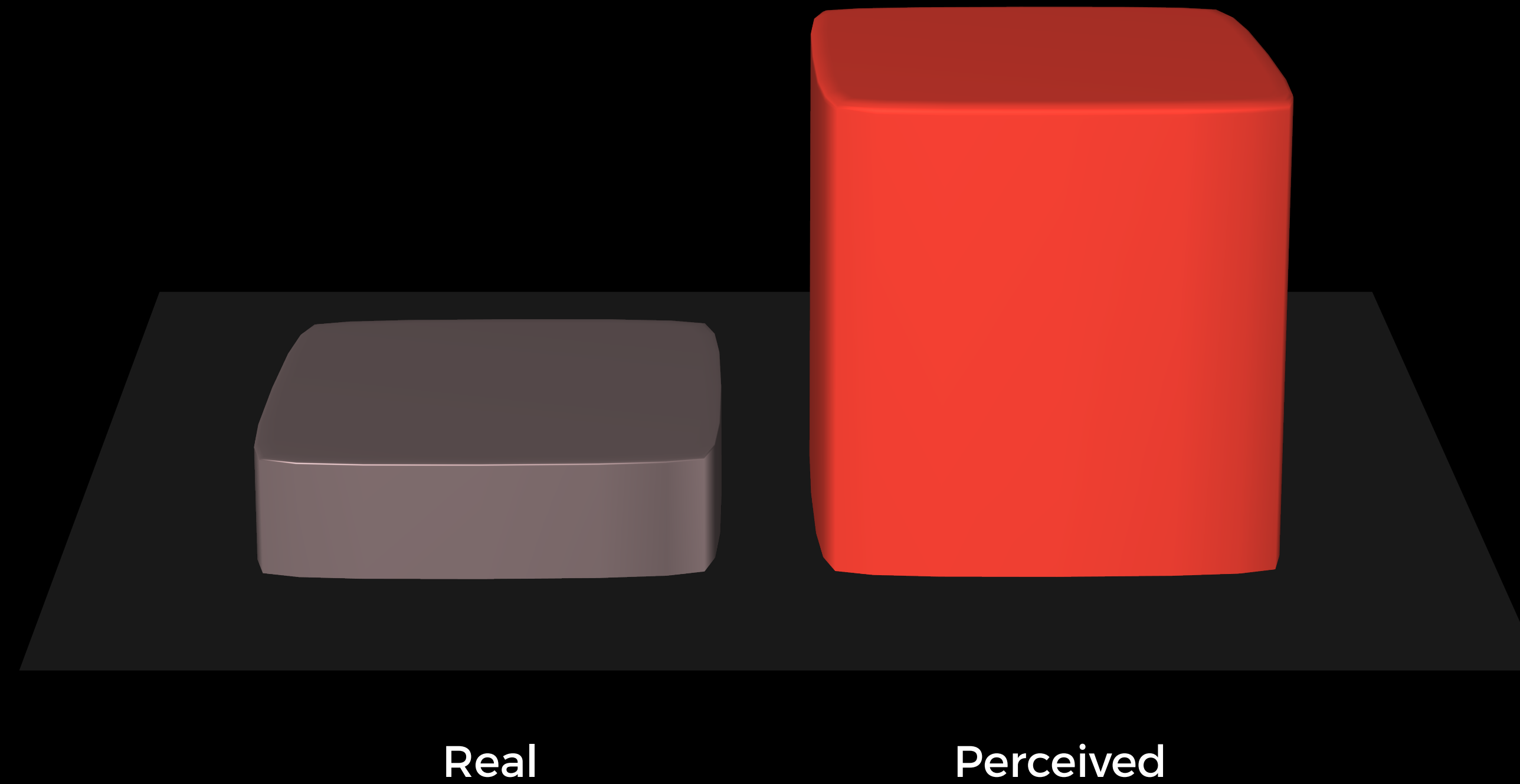
Today's Gameplan

- 1 The Myth of Rushing
- 2 The Why of Rushing
- 3 The End of Rushing

Rushing Creates Significant Stress for Marginal Benefits



A Perceptual Glitch - The Consequences of Falling Behind



From Busy and Rushing to Composed and Effective

Mr. and Mrs. Rushing

- I can never get enough done
- There is never enough time
- If I throw enough at the wall, something will stick
- I have to squeeze it all in
- I have to keep going
- Sure, I can make that happen!
- I really don't want to miss out
- I don't have time to slow down

VS

Mr. and Mrs. Intentional

- What is the most effective way to produce this end result?
- Time is just one of many resources
- How can I best deploy my resource?
- Is this actually worth doing?
- How is this moving me toward my goal?
- Unfortunately, the resources I have available can't facilitate that
- I'm willing to miss out on the trivial to accomplish the meaningful
- I'll weaken my judgement if I move too fast

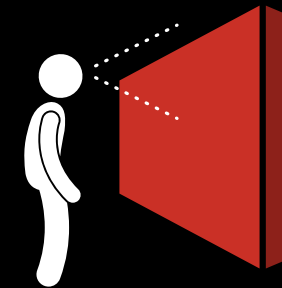
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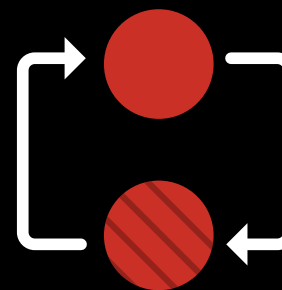
10 Ways to Annihilate Rushing Forever



Double Your Time Allotments



Ween Off Your Addiction Stimulation by Wall Staring



Sacrifice or Trade-Off over Rushing



Apply Ferocious Scrutiny Before Accepting Anything onto Your Plate



Be Religious about Single Tasking



Identify Your Rushing Hotspots



Be Late Like a Stoic — Accept What You Can't Control, Change What You Can



Time It All to Free Your Mind



Cultivate & Protect Space... and Avoid Filling It!



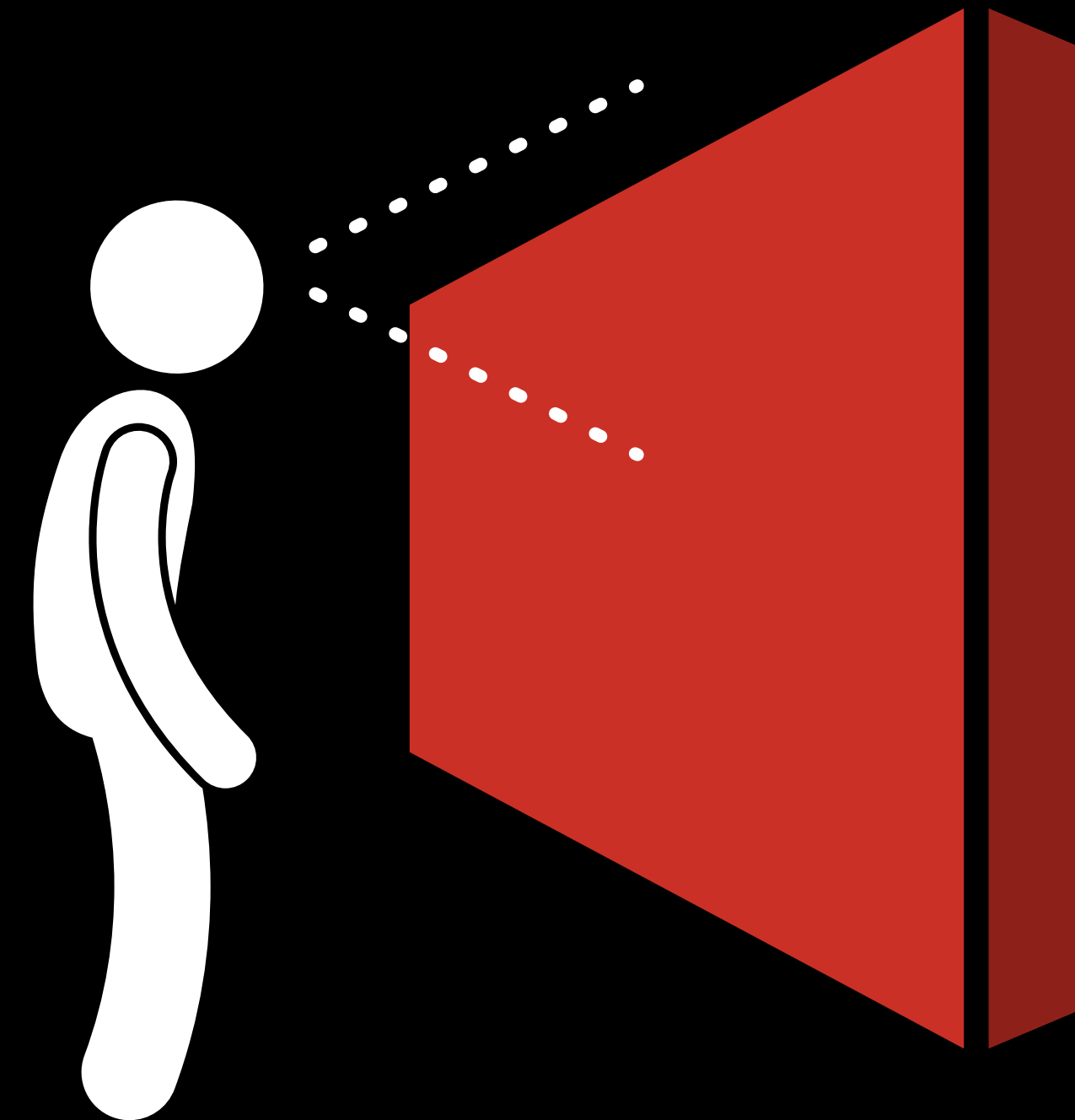
Forget the Word “Busy”

1

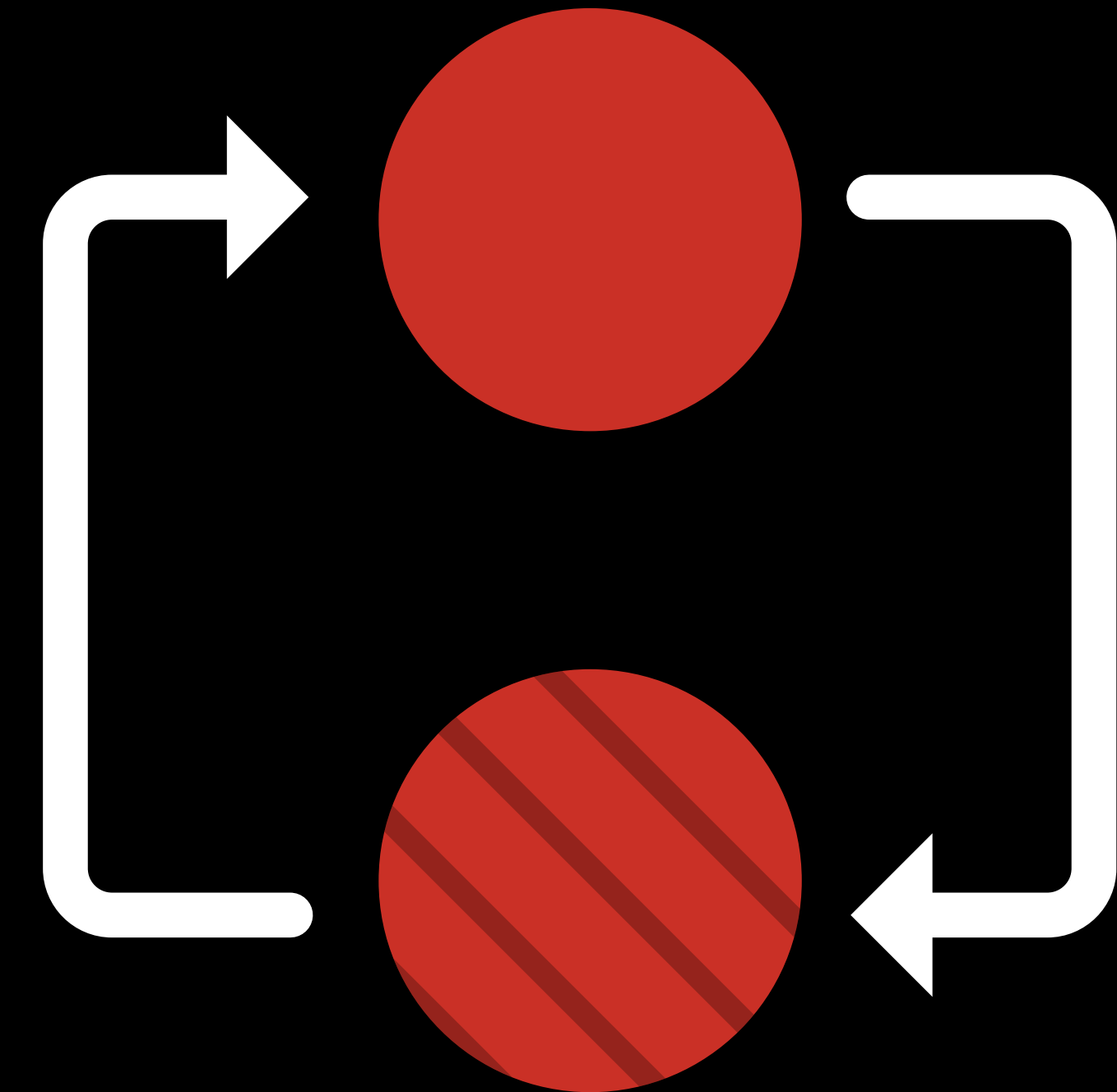
Double Your Time Allotments



2 | Ween off Your Addiction by Wall Staring



3 | Sacrifice or Trade-off Over Rushing



4

**Apply Ferocious Scrutiny
Before Accepting Anything
onto Your Plate**



5

Be Religious about Single Tasking



6

Identify Your Rushing Hotspots



7

**Be Late Like a Stoic - Accept
What You Can't Control,
Change What You Can**



8

Time It All to Free Your Mind



9

Cultivate and Protect Space... and Avoid Filling It!



10 | Forget the Word “Busy”



What We've Covered:

- 1 The Myth of Rushing
- 2 The Why Of Rushing
- 3 The End of Rushing

The Rushing Prevention Protocol

1

What's the worst that could happen if I act normally, and don't rush? This tends to be surprisingly insignificant. (e.g. "My friend will be by themselves for 10 minutes," or, "I get a little embarrassed for 30 seconds.")

2

What are the best and worst-case scenarios if I choose to rush? The best will likely be a marginal improvement from acting normally, while the worst may be significant. (e.g. Best: You arrive at my destination 5 minutes earlier. Worst: You get a speeding ticket or get in a crash.)

Exercise:

Track Your Rushing Hotspots, Expand the Time Allocation and Block 30 Minutes of Space into Your Day



Download Workbook
to Get Started