



The Myth of Rushing

Key Takeaways

- 1 The Myth of Rushing
- 2 Slow Down to Speed up
- 3 Life Is Better Savored, Work Is Better Focused
- 4 The Why of Rushing
- 5 The End of Rushing
- 6 Be Religious about Single Tasking
- 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 Forget the Word "Busy"

Quote:

“Nature Does
Not Hurry, Yet
Everything Is
Accomplished ”

— Lao Tzu

Diagnostic
N/A

Exercise

Track, Expand, Block

See next page for details

Exercise

Track, Expand, Block

1. Track Your Rushing Hotspots.
2. Expand the Time Allocation.
3. Block 30-minutes of Space into Your Day
4. 10 Ways to Annihilate Rushing Forever:
5. Double Your Time Allotments
6. Ween Off Your Addiction Stimulation By Wall Staring
7. Sacrifice Or Trade-Off Over Rushing
8. Apply Ferocious Scrutiny Before Accepting Anything Onto Your Plate
9. Be Religious About Single Tasking
10. Identify Your Rushing Hotspots
11. Be Late Like A Stoic — Accept What You Can't Control, Change What You Can
12. Time It All To Free Your Mind
13. Cultivate & Protect Space... And Avoid Filling It!
14. Forget The Word "Busy"

What's the worst that could happen if you 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".)

What are the best and worst-case scenarios if you 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 your destination 5 minutes earlier. Worst: You get a speeding ticket and or get in a crash.)

Notes

Lesson Resources

1. The Distracted Mind, by Adam Gazzaley and Larry D. Rosen
2. Successful Aging : A Neuroscientist Explores the Power and Potential of Our Lives, by Daniel J. Levitin
3. The Organized Mind, by Daniel J. Levitin
4. Tao Te Ching, Lao Tsu
5. Rush and You Won't Arrive, Confucius Analects
6. Flow Research Collective Live Event with Adam Gazzaley