

Open in app



MarketPack Digital

About

Long-Term Effects of Being Busy VS Being Productive



MarketPack Digital Feb 6 · 3 min read



Everyone who wants to be busy is busy. But not everyone is productive. Productive means that you have created something of value. Did something to benefit other people.

We, as people, will always fall somewhere between busy and productive. And if you look closely at the “active” people who are leaders and achievers, they’re usually busy. They work hard, and they’re skilled. But it’s their internal drive and desire for excellence that makes them productive, not the act of being busy.

Productive people have a choice. They can focus on being busy, or they can focus on being productive. Unfortunately, most people choose to be busy. And that’s why the culture we see is so commonplace. It makes us feel safe and significant, like we matter because we’re keeping up with the Joneses.



How we choose to spend our time and energy and how much we choose to expend creates a ripple effect throughout our entire lives. The decisions we make in our lives are now what make us or break us. It’s that simple.

Many people spend their lives chasing things that will never come to pass. They’re

chasing love, power, money, admiration, fame, and success. But in the end, the chase is nothing more than the desire always to be busy. Some people stop to reflect and realize that their lives are not as good as they thought they were.

Maybe they feel empty or bored. People realize that they're not doing enough and are not true to who they are. Those people spend their lives looking for something else to fill the void that their lives have created.

They may do that by following a religion or simply turning to drugs or alcohol or other dysfunctional behavior to numb the pain. But in the end, all they can do is live in the future and think that it will bring them fulfillment.



Productive people don't feel sorry for themselves. They take responsibility for

what they are and what they are doing. They don't spend their time and energy looking at the past.

They focus on making the best choices they can now for who they are and where they are going. They wake up with a sense of purpose and a desire to learn, grow and create.

They spend their time and energy on what it takes to get there.

They're not doing it because someone else wants them to, but because it's what they truly want.



Productive people are unstoppable.

They don't allow themselves to be distracted by the things of the past.

They don't let themselves be pushed around by the things of the present.

They're in charge of their lives, and they know it.

It's not easy. But it is so much more fulfilling than being busy.

Being productive isn't always a matter of being busy. It's a matter of being focused on the most important things to you and not letting anything get in the way.

Business Psychology Productivity Marketing Business Development

Personal Development

About Help Legal

Get the Medium app

