



## Earth Love Month

### Day 23: Break the cycle of busy

“Things which matter most must never be at the mercy of things which matter least.” — Johann Wolfgang von Goethe

So true, so simple, yet super difficult to follow for those of us stuck in the cycle of “busy”. Being “busy” isn’t just bad for your stress level and health, it’s also terrible for the environment. Unnecessary “busy” causes us to drive more, to buy food on the run, to buy things we don’t really need, etc. — waste all around. The sad truth is that most of our “busy” isn’t truly necessary — it’s a choice.

So, how do we break the “busy” cycle...today? In these 3 simple steps:

1. Put an absolute moratorium on any further non-essential time commitments. Impossible? Not so fast — see #2.
2. Ask yourself “what’s the worst that could happen if I didn’t do XYZ”? Would it cause a loss of something that’s truly important to me? Often our busyness is caused by our high expectations of ourselves in relation to how others perceive us, so it’s important to be clear of your true motives for taking something on. Example: you volunteer to bake for a PTN fundraiser when you are already overwhelmed. Is it about your commitment to children’s education (something that’s important to you) vs. looking good as the woman who ‘does it all’?
3. Schedule blocks of time for the things that really matter to you **BEFORE** you schedule anything else: QT with partner and/or kids, time for exercise, blocks of time to write that novel, and so on. You know what’s important to you, so make time for it

