

RUSH

What is the Rush? Why are people always rushing, multitasking, and trying to fit 30 hours of activity in a 24 hour day?

Do you try to do too much? Why? What does that effort create?

Just think, the effort to do too much creates the following:

Tension - Knowing you can't get it done but trying anyway

Not doing your best - Not being proud of your work

Forgetting - When rushed and stressed you forget

Missing Out - When rushing you miss out on the value, the excitement, and the joy of what you are doing

Poor interpersonal relations

Stress

Hostility

Yes, to be in a rush is to do it all wrong. It is harmful to you, those around you, family, and the function you are trying to do. Yes, it is all loss.

When you rush, you do not do your best nor do you give your full attention to the task at hand. When you rush, you are likely to forget something and not be proud of what you have done.

Why are you rushing? Did you start too late, do you just have more to do than the time to do it, or did you just not start until it was almost, if not, too late?

We find that those in a rush are usually always in a rush. First, find the cause of rushing. Then, decide what, if anything, you want to do about it. If rushing is not healthy for you, then you need to make a change. If you love the excitement of rushing and last minute deadlines, then that is your choice.

For those who do not like rushing, you can do something about it. Keep a schedule and schedule what you have to do. Do not schedule more than you can do in a day and leave enough time to do the project at hand. Schedule more time than you think you need, as often things take longer than expected. Be realistic. Focusing on one item and getting it done is faster and better than doing three things at once and not finishing any of them.

Some are so rushed, they feel they do not have the time to stop and organize. Yes, you do. Stop. Breathe. Look at what needs to be done and the time available to do it. You will be amazed at how much better you feel and the peace you will experience by taking control.

Rushing is not a sign of being busy as much as it is a sign of being out of control.