SQUASH THE GLORIFICATION OF BUSY

Now, before it's too late and all your precious time has been squandered!!

Why??

- Why should we squash the glorification of busy?
- Because “Busy” is not something to be proud of!
- Because “Busy” doesn’t buy you anything!
- “Busy” doesn’t buy you the street cred you think!
- Everyone’s “Busy” - be unique and make people jealous of your un-busy life!

SAVOR LIFE'S MOMENTS

Before they pass you by…

How to Be Un-Busy

- Slow down
- Actually smell the flowers
- See, I mean ***really see***, the world around you
- Look at the world through the eyes of a child
- Smile more

Regrets Are For Losers!

Why are Regrets For Losers?

- On your deathbed, will you care about how “Busy” you were?
- No
- You’ll care more about every moment you took the time to actually savor
- So…
- Savor those moments NOW, while you still can!

But I Really Am Too “Busy”!

The first rule of “Busy” is that everyone is “ Busy”

How Do I De-Subscribe to “Busy”?

- It’s not easy, but you can do it
- Life consciously
- Make choices every day to enjoy what’s going on around you - recognize your time “In” the moment
- Make conscious decisions daily to slow down and savor the moments as you are “In” them
- Laugh more

You Make It Sound So Easy!

It's Not Easy, But It's Worth It!

- Nothing worth having is easy
- Experiencing a well-lived life takes effort
- You'll have no regrets {or a ton fewer} at the end of your days
- Think about your legacy
- What does the life you're leading ***right now*** say about you?

SO NOW WHAT?

What Do I Do First??

Focus, Focus, and then Focus

- Know what your priorities are, not your boss' or anyone else's, but yours
- Stay true to those priorities daily, or at a minimum weekly
- Spend time enjoying the moments as you're in them, remember?
- Share, laugh, smile!
- Savor Life!

Need More?

www.DoStuffYouLove.com