



# MONDAYS

## MONDAYS *with Mike*

## Be wary of the “busy trap!”

As we settle into the projects and strategies of the new year, it will be very easy to get caught up in the “busy trap.” The holiday gift of time will give way, if we are not careful, to the trap of thinking we can fill our schedules and just keep multi-tasking right on into a pace that is counterproductive.

Here are some reflections that will serve as speed bumps so that we don’t get right back into a collision with counterproductivity:

> Going faster does not mean that we are going successfully. Slow down and be mindful of what we are doing. When we do, we go deeper and more effectively. Over the long haul, our work is more effective and impactful.

> A mindful mindset is defined by two main skills: focus and awareness.

> Mindfulness is not about going in slow motion. It’s about stripping away distractions and staying on track to focus on what you said you were going to do. When we do, we slow things down to speed things up.

As author Alisha Leytem says in her book *The Six G.O.L.D. Keys to Well-Being*:

I urge you to think about the safety of slowing down. Slow down, do one thing at a time, and go about your life with ease. If you don’t do this for yourself, then life will eventually force you to do so through illness, pain, and exhaustion.

You are safe. It’s safe to breathe. It’s safe to do one thing at a time. It’s safe to slow down. Your entire life will thank you.

This week, let’s build our skills to avoid the “busy trap.”

Have a great week!