



Pillar #2: Focus on Doing LESS!

Action Assignment

In this Pillar you learned about the paradox of doing less to achieve more. In this action assignment you will get the opportunity to go through your life and do some essential decluttering. The point of this exercise is to trim away non-essential activities and habits in your life so that you can make room for the lifestyle habits that will sustain LASTING health and fitness.

Please assess the following areas of your life:

A) Career

Is there any time that can be saved here? Now before you say reflectively, “NO, I have no say over my work schedule!”, let’s consider a few things.

-Do you routinely say yes to overtime work?

-Do you find yourself always asking for more projects or saying yes to everything that is asked of you? I understand that you have to say yes to most things your boss asks of you but there is also the gray area of volunteering yourself excessively or saying yes even when you are overdrawn and when you have an option to say no so that you can be more productive with your current demands.

-If you are an entrepreneur are you taking on too much responsibility? Now as an entrepreneur I get it...we NEVER think that “we” are taking on too much, and in fact most of the time we are beating ourselves up for not taking on enough. This is why I am going to ask you to pause for a moment and introspectively ask yourself if you are taking on too much. Below are some questions you can ask yourself to gain some clarity here and avoid self-delusion.

- ✓ Am I always on the run?
- ✓ Do I have enough time for myself to truly rejuvenate and rest from my daily labors?
- ✓ Do I have enough fun and entertainment in my life?
- ✓ Do I feel fatigued most of the time?
- ✓ Do I feel an underlying sense of stress that never goes away?



- ✓ Do I really rely on caffeine and other stimulants to make it through the day?
- ✓ Do I get brain fog or headaches?
- ✓ Do I get easily irritated and feel in inner or outer sense of aggression if things do not flow the way that I think that they should?
- ✓ Do I take my work into my sleep? You know exactly what I am taking about here... 😊

B) Exercise

Most people don't exercise enough, while a small portion exercise too much! Where do you fit into this mix? One of the biggest mistakes that we professionals and entrepreneurs make is that they are driven and ambitious so when it comes to exercise, we look at what everybody else is doing and we find people doing crazy intense things like CrossFit and other high intensity methods of exercise because it is "cool" and gets "fast" results right?

WRONG!

Think of it...you are already highly stressed whether you want to admit it or not and adding intense exercise into the mix is just adding yet another form of stress that your body has to deal with! This is not only unhealthy, but it has the potential to burn you out mentally and physically to the point that you blame exercise in general as being a "sore spot" in your life.

So yeah, please be HONEST with yourself and see if you need to scale down your exercise or do LESS of it. Your body, mind and soul will thank you...I promise!

C) Relationships

What relationships cause you joy? Which ones cause you pain? This one can be tricky because for some reason we don't want to let any relationship go regardless of whether it is good or bad, adding to our wellbeing or taking away from it.

But the truth remains that relationships require a significant investment of time, energy and emotion. Knowing this I want to you ask yourself a very hard question....are you ready?

What relationships need to GO!? Hint...it's the toxic relationships that drain you of your energy, deplete your confidence and rob you of joy. And just in case you are wondering these can be ANY kind of relationship ranging from intimate to a casual friendship.



D) Social Media

This one speaks for itself. I used to think that professionals and entrepreneurs did not have time for this but boy was I wrong! Take some time to honestly assess your social media habits (above and beyond professional duties) and ascertain how much time you could free up by scrubbing this time-wasting habit.

E) Negative Thinking

How much of your time is wasted in negative thought? I know this is a very broad category but take a moment to assess how much of your 24 hours is devoted to unhealthy thinking habits?

For example, how much time is ironically wasted because you don't believe that you have enough time for exercise or food preparation? So, what happens as a result of this negative thinking? You end up working more, getting more stressed out and further burned out so that exercise and healthy nutrition look more and more unattractive.

This kind of thinking leads to negative emotions which then can lead to excess action which is typically inappropriate (overworking) or inaction in all the wrong places (exercise, nutrition, self-care, etc.). Either way the root of the problem is always negative thinking that breeds negative emotion.

So take a moment to assess your life honestly and find out how much of your time and energy is being spend with stinkin' thinkin'!

F) Religious & Spiritual practice

What I want you to do here is assess how much of your time is being used for religious and/or spiritual practice. Typically, religious duties can take up a lot of otherwise free time, while most of us ironically struggle to find time for spiritual practices such as meditation, introspection and the like which can help us de-stress and connect with our higher power.

I am by no means here to tell you what to do with your religious or spiritual practices, but what I will strongly suggest is that you look inward and ask yourself a very deep question....

“Do I like my religion, and do I feel fulfilled when I am spending time in my religious duties?”

If that answer to this question is yes, then no further questions need to be asked. If the answer is no, then I would humbly suggest that it is time to reconsider WHY you continue to spend time practicing a religion that does not bring you joy or inner peace.



I know this is very personal and only you know the true answer, so be open and honest with yourself.

E) **Other area's...**

Assess the other areas of your life and determine what you can declutter and what needs to stay. If you are engaging in any activity that does not align with your values and therefore wasting your time it needs to be targeted and eventually eliminated or at least mitigated.

Please not that I am NOT taking about hobbies or entertainment! Unless you are spending an inordinate amount of time here (which I know is highly unlikely) you likely need MORE of this in your life so please do not feel guilty into taking these off your plate.

Your Goal...

Using this form to guide you, your action assignment is to free up at least **ONE HOUR** of time daily so that you can devote it to your own self care (i.e., exercise, nutrition, spiritual practice such as meditation etc.).

This activity will require a tremendous amount of self-integrity and honesty because saying goodbye to old habits can be one of the hardest things to conquer in this life, but also one of the most rewarding. So good luck and happy decluttering!