



## Obstacle #3

**I should be doing something else.**

**The Truth:** There will always be more to do. There will almost never be a time when you will not be able to think of something that you could or should do instead of taking time to think.

To overcome this obstacle, you'll need to go back to your personally compelling reason that taking time for inner peace is a priority.

Also, you need to come to terms with the fact that the *Very Things That Stop You* from slowing down are the very challenges that can **ONLY** be solved by taking time to stop, to reflect, to think, to meditate, to pray or to journal.

A sense of overwhelm, anxiety, and being adrenalized (where you're in a constant stirred up state of being ready for action) are all cured by slowing down.

If you find your attempts to stop and think being overrun by these emotions, try to stage a physical "disruption." For instance, you can stand up and stretch your arms over your head, take a few long, deep breaths, or turn on soothing music. This will help you get out of the "fight or flight" mode and be able to restore order.

## How to Break Free!

**Here are some other techniques to help you overcome this obstacle.**

1. **Think through this scenario:** You get asked to attend an unexpected meeting or you get stuck in traffic or you receive an emergency call. This means that you spend minutes or even hours doing something that you hadn't intended to do.

**Now consider:** Did the world come crashing down because you diverted your attention and focus to these activities? Probably not.

In the same way, you can choose to realize that spending 5 or 10 minutes or even an hour on taking time to think and process won't mean that every other ball will drop. Plus, this time will often give you better perspective on how to handle your many responsibilities.

2. **Don't get frustrated with yourself** if a thought of something that you need to do comes into your head. Instead, come up with a very simple way to respond to these natural "interruptions."



**Example:** You could keep a plain sheet of paper beside you as you meditate where you could right down anything that comes to your mind. OR You could tell yourself, "When a thought of an activity comes, I acknowledge it's presence but don't chase it. I let it drift off into the distance because it is not my focus right now."

## To Your Brilliance!