

Is Busy Getting the Best of You?

And What to Do Instead

Hi, I'm Suzy, reformed super-striver turned middle life thriver!

Busy did get the best of me - though I didn't realize it.

I was doing what everyone was doing - hustling, making things happen, pushing, and with caffeine in hand, I was *the queen of multi-tasking* - juggling all those balls - I was busy, and I was successful (so I thought).

Being 'busy' became my daily norm. The hustle became my usual. I just realized there was a better way... *and this is why it's important to know if busy is getting the best of you.*

My needs and desires rarely made it to my long daily 'to do' list.

I struggled with 'not being enough,' guilt and saying "no" or resting was almost impossible. As time progressed, I began to lose my motivation. What I used to enjoy, like meeting up with friends in the evening - I was just too tired for. Out of self preservation I began to isolate.

It never occurred to me that it's okay to make your well-being a priority.

Our cultural norm and the social conditioning of women send the opposite message - hustle, move fast, do it all for everyone!

As a result, I felt alone and thought I was the only one struggling. *Sound familiar?*

My struggle(s) - led to full-on adrenal burnout. The silver lining is my experiences, led to what I do today - *helping women like you "say goodbye to what no longer serves you and "hello" to what does!*



Take This Quick Quiz and Learn:

What stage of busyness you are in and proactive steps to take

How to create more space in your life for you

Daily practices for overcoming overwhelm

The 2-minute Quiz

Read each statement and rate: **1** (doesn't fit), **2** (sometimes fits), **3** (that's me!)

There's something powerful about putting pencil to paper! Jot down your scores on a piece of scratch paper, then total them up. Simple and Easy.

My mind rarely stops (aka Monkey-Mind). ____

I believe to be successful, I must be busy. ____

I often feel overwhelmed. ____

Saying "no" is uncomfortable. ____

I feel anxious often. ____

I feel tired most of the time. ____

I often feel that I am not enough. ____

I feel agitated when I am not doing anything. ____

I feel resentful when other people don't do as much as I do. ____

I find it difficult to stay focused. ____

I dream of time for myself. ____

I want more balance and energy in my life. ____

I feel impatient often. ____

Total your score: _____

**To learn your level of busyness and *daily practices*
*just for you, continue to page 3.***

Which Level of 'Busy' Are You?

For more insight, read all levels - *you'll likely find tips that resonate with you!*

27-39

You want a better way – an easier way.

I imagine you feel rather alone, and the daily grind is getting the best of you. With a few adjustments, you can shift the balance back to you and begin to exit the hamster wheel.

On the quiz, you had many threes - indicating burnout or that you're headed that way.

Before I exited the hamster wheel... my overwhelm, and busyness showed up as agitation and sleep issues. I was edgy, and it didn't take much for me to push myself over the melt-down edge.

A Daily Practice – just for you:

Say “no” more often. Most likely, you're a helpful and giving person. A beautiful trait...that leads to overwhelm.

Try this exercise for building your "no" muscles: For the next three days, say "no" at least three times a day. Start at with easy no's such as: "No" I don't want sourdough bread; I'd prefer whole wheat. "No" I don't want to wear the pink sweater today. and move up to ones that may feel more difficult: "No" I'm not making dinner; I'm ordering in. "No" I'm not able to do that for you.

You might find this mini-guide helpful: [Three Strategies That Make Saying "NO" Easier.](#)

18-26

You have begun taking steps to rejuvenate your life but still feel the struggle.

You are most likely experiencing fatigue and anxiousness, but you are aware and asking the question, “is this how I want to live my life?”

On the quiz, you had several threes, with two sprinkled in and one here and there.

As I overcame my addiction to busyness, my mind began to settle down, I was sleeping better, and saying “no” more often, but I still felt frustrated. It was time for fine-tuning. What I did next sounds simple but packed a wallop for shifting how I showed up in the world.

A Daily Practice – just for you:

Ask yourself: How can I do this differently?

This question became my ‘theme’ for an entire year. Whenever I felt overwhelmed, agitated, grumpy, angry, frustrated, fatigued, deprived – in the moment, while I was feeling whatever it was I was feeling, I would ask, “how can I do this differently?” This question is your internal pause button. It takes you out of a reactive state of mind and into an active state of mind.

** Source: A Course in Miracles, Lesson 28:
Above all else I want to see things differently.*

13-17

You are well on your way to living a life that feeds your soul.

You are more comfortable with saying “no” and understand the importance of soul care. With a few modifications, you will fully experience the richness that a life outside of ‘busyness’ and overwhelm offers.

You had a three here and there, but many more twos and ones.

Living a life free of overwhelm is a daily practice. Just like keeping our bodies fit or striving for our optimal weight, we make daily choices to maintain a level of living and feeling important to us.

As I overcame overwhelm, it became clear that having unscheduled time was integral to my well-being. *This became a non-negotiable priority.*

I stay on track by making sure whatever it is I’m doing or saying “yes” to, falls within "what's most important" to me. It's how you do less of what isn't serving your highest good and more of what does. *What matters most?*

A daily practice – just for you:

Define what's most important to you. In my "Emerge into Joy" program (formerly called Calling in Clarity), I dedicate an entire module to discovering your "core importants." These become your guiding light. They bring clarity and wise discernment to decisions and actions. They keep you and your mission on track without a cost to your well-being.

Before saying "yes," I always consult my list of five "core importants" and ask questions like: *Is my "yes" in alignment with what's most important to me? If I say "yes," will I still have unscheduled time? Will my "yes" allow for forward movement (something every day that is a step forward professionally and personally)?*

Living in alignment with your "Core Importsnts" is how you Lead with Joy (not shoulds)!



I truly walked my talk—right into a new chapter as an abstract artist! While I'm no longer coaching, I'm happy to recommend a few amazing coaches I know personally. Feel free to visit www.suzycarroll.com to learn more!

TO VIEW ARTWORK: www.suzycarroll.com

