

Pastor Bud's Buzz

Well, I hope I can get this article into the January Jotter. I'm way past the deadline and already traveling, so I'm writing this on my new Droid phone. As I look forward to the year ahead, I realize I am not going to get any more time in a given day so if I'm going to get more done or put regular exercise back in my schedule I'm going to have to prioritize, systematize, and organize. Most of all I'm guessing one of the best things I can do is simplify. Melodie often quotes Gandhi who said "Live simply, so others may simply live." Another way of thinking about simplifying is "de-cluttering." Back in my career in the corporate world, I came across a book by that name, "De-cluttering." I still have a digital copy. Here is what the author says the steps are to de-cluttering.

Nelson's Nuggets

For those of you "charge ahead" types, here is the meat of this book condensed into bite-sized morsels. Please don't tear the page out in the bookstore. You really will gain more understanding if you read the whole thing. But maybe you will want to refer back to these while reading, to drive home a point.

Unless we work on our inner relation to our stuff, unless we identify the feelings that cause us to clutter, we are wasting our time.

Information is useless unless it is available.

Fear is behind cluttering.

You have a special learning style. Find out if you are a visual, kinesthetic, auditory, emotional (encompassing interpersonal and intrapersonal aspects), or logical learner. Then apply that style to your work.

Change your vocabulary; change your life.

To get started, visualize the end.

How important is it?

Time spent now means time saved later.

When estimating how much time you'll need for a project, give yourself an additional 10 percent and then add 20 percent for checking your work. This is the Clutterer's 80/20 rule.

You are going to make mistakes. Get over them

Too tidy is too stressful.

If your values are in conflict, you will be disorganized.

If you are in the wrong job, you will be disorganized.

Cluttering is a self-defeating behavior.

There is no one solution.

A cluttered desk is the sign of a cluttered mind.

When overwhelmed, take a break.

When overwhelmed, break the project into small tasks.

Decision-making is gambling.

No matter what decision you make, you will always wonder about what you didn't do.

Wish me luck on my more efficient New Year. Maybe will run into each other along the way.
Stay tuned