# How I'm Fighting Hurry

In the last four years, I have spent a lot of time rushing from one thing to another. By choice, I have brought in a lot of challenges and opportunities into my life. Ever-changing conditions, urgency, and "hurry" come with the territory.

I'm alright with being hasty when I need it, but I don't want my attention and time filled with rush. Here are some ways I'm keeping hurry from dominating my attention and time:

#### Having a plan

I write out a weekly plan every Sunday evening, as well as a day plan every evening (usually before bed). "No plan survives first contact with the enemy," and I often revise my plans as they day reveals new priorities. In any case, they still provide some order. Order reduces the feeling of hurry once I jump into the swirling chaos of the day.

### Preparing and practicing

The more I experience chaotic situations (or even just unknowns), the better able I am to handle them without undue rush. I have some standard procedures and reactions etched into my memory after multiple experiences and multiple failures, so I'm calmer as I go about responding to new urgencies. Even if the situation is new, my experience gives me a large pool of comparable experiences to choose from for analogous advice.

# Working when no one expects me to

I gain a bit of an edge on internal expectations and external obligations when I work early in the morning, late in the evening, or on the weekends. Instead of feeling the mad rush of Monday, I can approach my work calmly if I have the momentum of a short Sunday working session behind me. I can be confident that I'm ahead of the curve instead of just trying to keep up.

# Waking up early (especially on weekends)

My early wakeup times on weekends give me some of my most un-rushed time. I am up and running before most people have finished their coffee. By the time I'm finished with my morning routine, I have done some learning, some healthy eating, some exercise, and some mental/spiritual centering. I may even have time for a nap at the end of it if I really need it.