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.