

Chapter 9



The Harvest

The power of doing less manifests itself in many ways. We talked about liberation in Chapter 3 and that's probably as good a place as any to start.

If you've done the "Do Less" challenges as we've gone along, the monkey is well and truly off your back. You're no longer chained to that great pile of stuff, dragging it around with you, putting vast amounts of time into the vain hope that you'll clear it. You're free of all that now. There's still a pile, of course, but now you pick and choose what you're going to invest your precious time – your precious life – in.

You've got clarity. No longer is the pile a great amorphous mass of stuff. Now you see that some things really matter and lots of stuff is just chickenshit. The stuff that really matters, the big things you plan to do with your life – buying a house, changing career, going on your dream holiday, starting a business, whatever – now draw you to them with magnetic force. All the other stuff . . . well, you now see it as the life destroying crap it really is. Spend a day or an evening or a weekend on the stuff that really matters and even though you may be physically or mentally tired at the end of it, you are energized and uplifted. You have a feeling that things are really starting to happen for you. Conversely, spend time on the trivia and you find yourself depleted. You find yourself trying to figure out ways to avoid it in the future.

You've got focus. Things that you had previously pushed into "next year", because you didn't have the time to plan them properly or the energy to visualize doing them right, are now in focus and start feeling achievable. And part of that focus is that things get done right – whether in work or in your life generally – you have the time to do something properly, instead of putting a band aid over it.

You're less stressed. Now you've got time for everything. And the things you don't get done? Well hey, they don't matter because they never mattered anyway. Without the stress,

you can then ditch some of the things that you may have used to cope with the stress. Something like drinking, for example, becomes a pleasure again rather than a crutch. Or anger – that tense, wound-up, ready to explode kind of feeling – will have faded away. In all probability you're feeling healthier as well.

You've got time. There are spaces in your week that are now blank canvases just waiting to be filled.

You've become a productivity machine. Think about this for a moment. Really think about it. Think about the wonderful paradox whereby you're doing *less* but you're *more* productive. You're achieving more. Getting more done. Living much more the life you wanted to live.

And you're not a hyperactive productivity machine. It's still okay – and you have the time – to switch the productivity machine off, to do nothing. To reflect, to sit and just be, to enjoy the moment, to be creative, to see opportunities that you would certainly have missed when you were running around like a blue-arsed fly.

In short – you're happier. Much happier.

And the wonderful – the really, extraordinary, remarkable, really quite unbelievable, beautiful thing – is that you didn't have to do new or more or extra things.

In fact, you did the exact opposite.

As soon as you stop doing, the power of doing less starts to flow.

Take **better** care
of your body

Learn a
language

LEARN
A
MUSICAL
INSTRUMENT

TAKE UP A **NEW** SPORT

Take
a
trip

START A
NEW
HOBBY

Become **involved** in a charity

BREAK OUT **AND**
COLLABORATE
ON A COMMUNITY
OR ONLINE PROJECT

Start a **business**

Be spontaneous

Check out
great
speakers online

Find a
course
to **attend**

TALK TO **ABSOLUTELY EVERYBODY**
YOU MEET — **MAKE A CONNECTION**

Talk to
people
you might
learn from

Go on a
nature hike

Dance in
the rain

PLANT
SOMETHING
EDIBLE

TRY AND CREATE
YOUR **OWN** RECIPE

Do
a big activity
for charity

LEARN
TO
JUGGLE

Connect **with someone** new

WAKE UP **AN**
EARLY HOUR

Make a **gift**
for **someone**

Overcome a fear

Become a
mentor

Spend
time
outdoors

Donate **blood**

Give
someone
a compliment

Do **good**