

The choice is yours

There are a trillion – I’m exaggerating here [insert laugh] – things of all sorts I have to accomplish in a typical day. I’m not alone. This is a pretty ordinary statement to explain a dilemma lurking for the rest of you.

Time management. Somewhere in the 80s that was a big topic in the workplace, and I took the obligatory sessions on how to multi-task, speed-task etc. etc. Being in my nature, I passed with flying colors.

Each task floats around in my head along with a timetable for how long, and when it will be done...or not. Get the prescription refilled. Waterproof the sneakers. Fix the broken gate.

Often it is the simplest job that gets me down like the one item on my list – oops, I’ve given it away – that gets that wavy arrow moving it to the next day...and on and on.

I admit to getting bogged down. There’s no shame in that admission. I also wonder if I didn’t need seven hours of sleep, would I get more done in a day with extended hours.

Like every other person, occasionally I ditch the “to do’s” and for my own mental health, leave my routine behind for a spontaneous experience. It never fails that when I return home, the list gets ticked off rather quickly, too, with a renewed burst of energy.

When it comes to juggling, you and I are competing for first prize. You might say that you know that I am retired, you’re not, and therefore, I have no clue what your day looks like for real in the working world.

I would argue back in my defense that all my years of coordinating, organizing and directing others has never left me. It's a skill I took away that will last me forever. Somehow local community organizations depend upon volunteers who have those abilities, and are grateful. Hmm...

You may be the type of person that doesn't need a list. It's up in your brain safe and sound. Frankly, you'd rather not commit anything to paper. Then it looks too real, and good heavens, what if you don't complete it? Do you start another list the next day, and on and on?

To let you in, I do keep lists. You've figured that out by now if you read and don't skim for the highlights. One is sitting right next to me on my desk top. It's one of several I have throughout the house.

This morning was one of those days that I completed all four things before 7 am too. Bragging here. I knew that if I procrastinated a slight bit and had that second cup of coffee, I would be on to something "more fun" and ditch those obligations.

Listing, or not listing. It's up to you. Just "get err done."