



# Generation **Why Not?**

## Generation Why Not? Sometimes You Have to Pull Back Before Going Forward

Have you ever felt that you can't possibly do one more thing, even though you know you have a lot on your desk to do....now. And yet again, if you were to really look deeply, you would see that you do not have to do everything now. What is really happening, is that you have all of the things you have to do in your mind and you're obsessing about them.

And, if you're part of Generation Why Not? you will often find that you feel this way a lot!

Why is that? My research, observation and personal experience have guided me to these three reasons...and of course, there are more.

### **Reason #1: Your creativity is constantly flowing in and there just isn't enough time in a day to do everything you want to do.**

You start to pull back. However, you can capture your creativity by keeping a journal and making sure you enter your brilliance there. Just knowing that you have "captured" the great idea, will put your mind at ease.

### **Reason #2: You feel that you have to do everything...today!**

Rather than write down what you need to do, prioritize the items (knowing that the priority may change throughout the day), and planning a few days to get it done, you think you have to get it done in one day. Here's an idea for you: you're not going to get everything done that you want or you feel needs to get done in one day...even with assistance! You start to pull back.



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## **Reason #3: You don't feel you have time to learn anything new...not even for an hour.**

Because Generation Why Not? is always on the move, creating, building, innovating, disrupting and reinventing, there just doesn't seem to be enough time to learn anything new. So, rather than take the time we need to gain a new skill, no matter how small, we create anxiety for ourselves which further depletes our energy and has us pulling back.

Some of the best productivity happens when you take the time to "pull back" and just allow for things to flow without pressuring yourself to do more...or to learn more....or to hire more people.

Pulling back is an emotional "breather," which helps you to find clarity in what you're doing and to give you space to find out if things need to be changed, modified or tweaked.