The 'Busyness' Scale

Making change doesn't have to be all about giving things up, regrets and caffeine by the bucketload. But the only way things will be different is if you first recognise where you're at, right here and now. It's time to look at the hard questions and acknowledge what's really going on. Where are you at? (Mark it on the continuums)

How often do you take time out to hit the reset button for yourself? (Time out? That'll happen when I'm dead) (Everyday is 'me' day) Do the people closest to you know what your 'no-go' zones are? (I say often say 'yes' when I don't mean it (My boundaries are pretty firm) If someone asks what your strengths are, what is your response? (The only thing I'm good at is second guessing (I can rattle off things I rock at myself... I think? What do you think?) in a heartbeat) Do you know the things that really, truly matter to you? (I used to but they've become (I know what's important lost in the busyness) at any given time) How comfortable are you with failure? (Failure is proof I'm pushing (Failure is only for losers) the boundaries) Do you have people around you who both challenge and back you? (Does my goldfish count?) (My tribe are on speed dial)