

RVM Construction Insider

Winter 2014

Overloaded by Work, Projects, and Digital Media?
Start 2014 with an Information!

RVM Construction Insider

Residential and Commercial Construction Tips and Advice

WINTER



State Lic #586334

*Old World Craftsmanship,
New Age Technology*

1200 N. Jefferson St., Unit J - Anaheim, CA 92807 - 714.632.9420

[Join Our Mailing List!](#)

[Find us on Facebook](#) 

[View our profile on Linked](#) 

Overloaded by Work, Projects, and Digital Media? Start 2014 with an Information Fast!

Imagine a sugar addict abstaining from sweets, prohibited even from eating fruit until balance is restored in the body. Imagine the stress, the edginess, maybe even trouble sleeping. Sound familiar?

It could be just as difficult at first to take a break from ingesting information. As a culture, we've grown accustomed to consuming vast quantities of facts, figures and current events from the minute we wake up until we close our eyes at night.

Just think of the sources of information we mainline every day: newspapers, magazines, radio, TV, books, blogs, websites, email, social media sites, podcasts, RSS feeds, discussion lists, reports, white papers, teleclasses, conferences, workshops, presentations. The list goes exhaustingly on.

But what do we miss when there is almost no time that we are quiet with our own thoughts and self-generated activities? How much better could we focus on our tasks at hand, working faster and more productively, and how would that add to our lives? What might we discover that is more important than the mountain of information we take in every day?

The steps below can help you create more balance around information. Try starting with a full fast, and then add information sources back in a strategic way, taking care to add

only what truly serve you.

Make a list. Write down every source of information that comes to you automatically or that you voluntarily tune into. Refer to the partial list of info sources above to jog your awareness, and don't forget the cute email "forwards" that family members send you.

Turn it off. Turn off the morning talk show as you dress for work and talk radio while you commute. Take a pass on the evening news or your favorite interview show. Switch the podcast from productivity programs to rock & roll music.

Make another list. This time make a list of all the things you love to do, especially those you say you never have time for. Keep this list visible. When you free up time and mental space, you'll be more able to pursue your interests and hobbies and just relax.

A complete information fast need only last a week or two, but the balance it restores will last a lot longer. To get through the initial "withdrawal" just keep focusing on what you want in the bigger picture of your life.

Call Today For A
FREE CONSULTATION!
714.632.9420

