

Waste Removal – WISDOM

WISDOM is all about looking for opportunities to start to remove any thoughts and activities that you are wasting your time on and start to focus on yourself with more free time.

Explanation

If you were looking at a simple process, say, the process of making a cup of tea, you could easily identify areas where there is some waste in that process. Maybe you spend more time than necessary walking all over the kitchen for the milk, then tea, a mug, sugar etc.

Perhaps one big source of waste in the process, is right at the beginning, as you stand there, gagging for a cuppa, while someone who really can't make up their mind if they want sugar or not makes you waste time standing in line waiting for them.

You can apply this same simple method to your own life and start to identify where you can remove or greatly reduce wasted activities, activities that on reflection, you might not even know why you spend so much time on.

Where in your life can you reduce or strip out time wasted? Either wasted emotional challenges or wasted time on activities and tasks...

Tools/Activities

The Opportunities Bank – Waste List

Waiting – Waiting for what? - This could be time spent waiting on others, it could be time spent *thinking* about things you want to do but not actually making progress with them or perhaps it could be time spent waiting for something *from* others.

Inventory – Too much of what? - Is this about 'stuff'? Do you buy lots of technology, expensive cars etc but not much life satisfaction? Belongings don't bring happiness. How much money do you have left after all those purchases to enjoy life experiences? This could also be about mental capacity. How many projects, jobs, commitments do you take on and why? Is this causing stress?

Skills – Not using which skills? - Look back at your personality profile. What are your preferences? Are you using your natural skills and talents or are you battling against yourself working in a way that doesn't suit you? This might be hard to admit after years of doing what you've been doing but that's what this whole process is about, so take the time to really reflect.

Defects – What went wrong, when? - Look back at your lifeline barometer/map. Where are those low scores? What caused that? What was wrong at that time in life?



Bad relationship choice? Family? Work sucked? Was there something really obvious that was wrong?

Overworked – How and why? - This will often go hand-in-hand with your Inventory wastes. Again, on your life-barometer, were some of those lower scores simply caused by being over-worked, in whatever capacity? Chasing around after family and friends? Your job? Too many commitments?

Movement – Where and how long? - Travelling too much for work? Travelling too much for hobbies? Kids drop-off and pick up? Time spent in the car or on the move can be a real source of stress if it's not for something you want to do.

Try applying WISDOM to your own current reality and you will quickly see where you have opportunities to change and improve life. If trying this exercise you might also find the '**Life Wastes List**' pdf useful to capture your outputs.

