

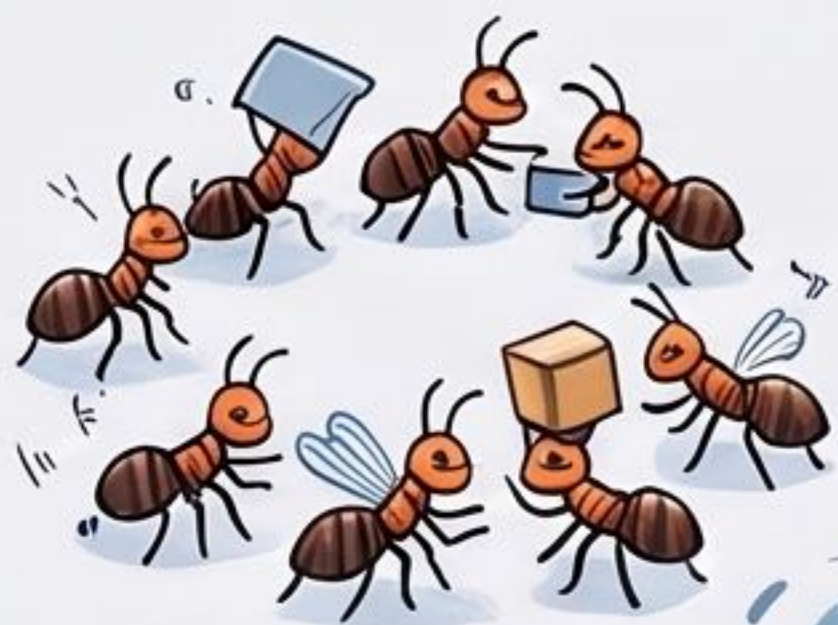
Motion or Direction: Escaping the Busyness Trap

Distinguish between aimless busyness and purposeful movement by auditing your time and values.

THE PROBLEM: THE "MOTION" TRAP

Busyness is Not a Virtue

Industriousness is not impact; ants work hard but lack vision and direction.



Calendar vs. Values

If your calendar and your stated values disagree, always believe the calendar.



Identifying the Psychological State Preventing Movement

Survivor

Focused only on living through the day
| No capacity for vision



Sad Clown

Consumed by daydreams of a better place
| Hoards vision but never acts



Servant

Transcends own needs to act on vision
| Puts vision into movement



High-Efficiency Procrastination

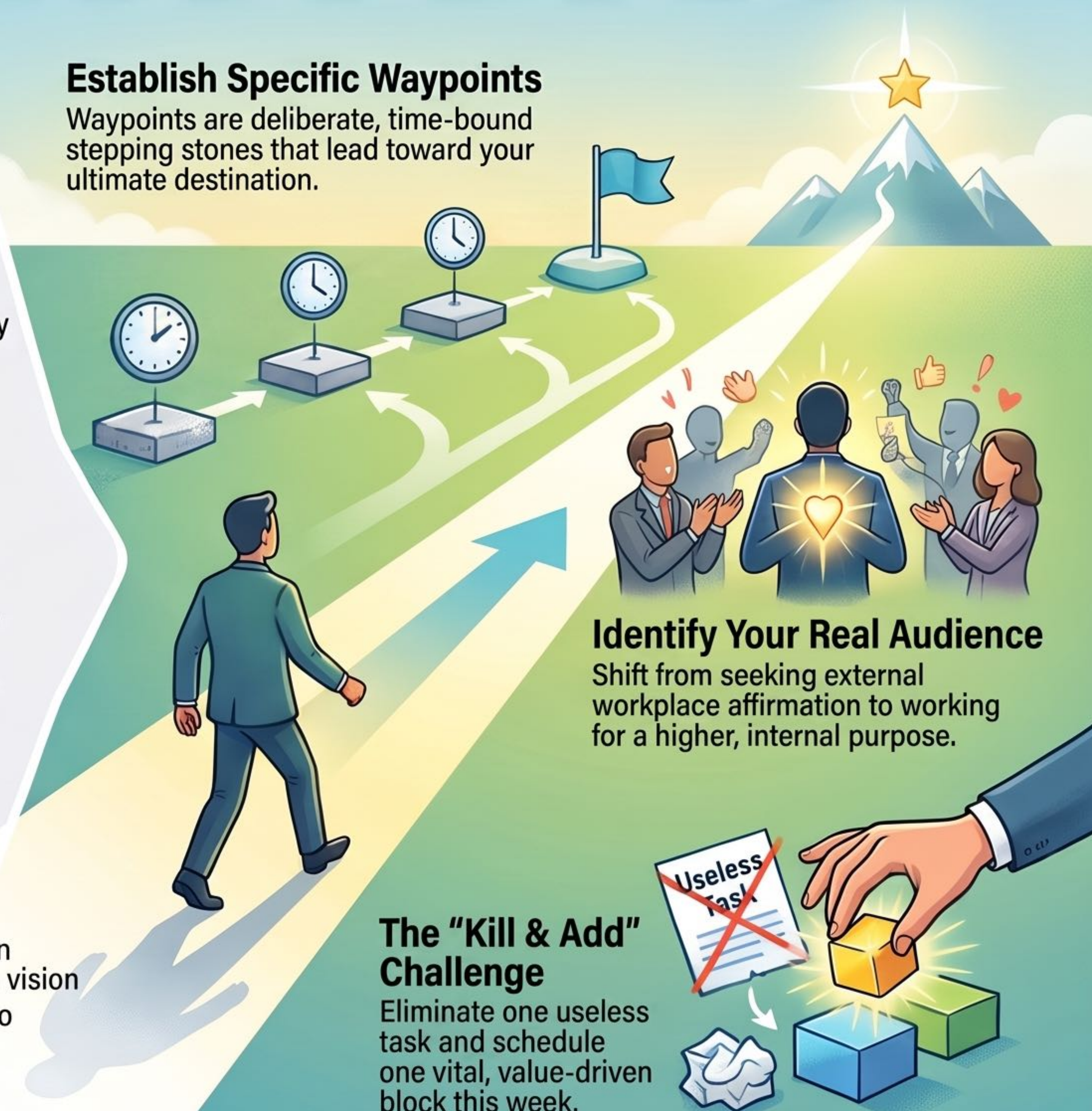
Doing useless things exceptionally well is the most respectable form of avoidance.



THE SOLUTION: STRATEGIC DIRECTION

Establish Specific Waypoints

Waypoints are deliberate, time-bound stepping stones that lead toward your ultimate destination.



Identify Your Real Audience

Shift from seeking external workplace affirmation to working for a higher, internal purpose.



The "Kill & Add" Challenge

Eliminate one useless task and schedule one vital, value-driven block this week.

