



Adventure Bonus Message #20

There Is No Such Thing as Nothing to Do!

I'm bored! There's nothing to do!

Don't allow yourself to fall into the trap of wasting time simply because you feel like there's nothing to do. Why? Because frankly...there is always something to do. Here are a few things that can keep you busy and on track towards achieving your personal life goals, all while never allowing you to actually feel bored.

Update Your Calendar

We don't know about you, but when we have things to look forward to doing while we are in a present state of doing nothing, it can really change our mental state from blah to yeah! By reviewing and updating your calendar, you'll be able to use this time as a way to focus your energy on your future plans. Focus on your schedule for a few minutes and you'll not only get your life a bit more organized,

you'll also have an opportunity to focus on getting things on your calendar you want to do. Want to have lunch with that friend you haven't seen in 6 months? Need to build in some time to focus on getting your to-do list a bit shorter? Need to pick dates then plan your much-needed relaxing weekend getaway? By using some of your down time to get your calendar in order, it will help boost your positive planning and the attitude you need to reach your goals.

Organize

We are not suggesting you Marie Kondoize your life (unless you want to). We are also not saying to buy so many organizational bins and containers that you feel obligated to invest in stock in The Container Store. Yet, by focusing your time to organize, you will be able to take some time to get your thoughts together, get your plans together, make lists, set goals, and clean up the clutter that is standing in your way. Spending your perceived free time organizing will set you up for your future successes and help to eliminate your temporary situation of having nothing to do. Who doesn't feel better after a good closet or garage "clean and organize" afternoon!

Personal Development

You have your mind organized, your lists are complete, and you are on track to achieve your goals. This doesn't mean you should kick back, relax and stare at the ceiling. It may mean that you have some extra downtime to focus on yourself. Personal development does not only mean you go back to school or develop a new skill. It could be reading a book, joining a club, starting a new hobby, trying a new dish, anything really that will enrich your life. Spend time being mindful and really thinking about the world you live in and where you are in it today, take in your surrounding environment and enjoy it. Whatever it is, it can be simple and doing anything to improve you is always a good way to spend your time.

Social Engagement

Although the means of networking and connecting with other people have changed drastically over the last 20 years, the basic point of "it is who you know" still applies. Developing your social network is one of the most valuable tools in your arsenal and it is one of the easiest ways to "do something" when you have nothing to do. Connect with that old friend on social media, set up a lunch meeting with a colleague, talk, share, engage, and develop your network. You will

not only enhance your social life, but you will suddenly find it easier to achieve your goals.

We talk a lot about your mind and the control you have, if you ever find yourself saying I'm bored, I have nothing to do, look in the mirror because that is where the answer is!!