

## Bailing My Bucket

Do you wake up tired? Too much to do, and not enough time to do it?  
Too many loose ends, and things not done?

If so, it's time to bail. Bail the bucket out before it sinks you.

You can't go faster, you can't do more, and you need your sleep. You need rest and you need recreation. Life is not meant to be a rat race. If you made it a rat race, if you overloaded it, then you can fix it. Bail. It's time to bail.

Stop. Take a big Breath. Take out a piece of paper. Write down all that you have to do down the left side. Make a second column rating the value of each item. A for very important, B for important, C for would be nice to do, D for it adds no value to my life and I don't want to do it.

Look at the D items and decide if you can stop, delete them, just not do them, or delegate them. Often these are items other people have off loaded on us as we did not say NO. Well, we're bailing and it's time to say NO. NO, this isn't for me, it doesn't add value for me or my family and, NO, I can't do it. NO is a powerful word. It gives you your life back.

Look at the C list and decide what you still have time to do. If there is not enough time let go of the others. You might not be the coach of the team. You might share the duties or be the assistant. It may not be the right year; next year might be better.

Some items need to be delayed. Getting a master's degree might not fit with young children. Delaying something to do something else, more important, is fine. Give yourself permission to prioritize what you are going to do. You can't do it all at once, no one can.

Life isn't fun if you are running from one item to another. You lose the value in all that you do if you don't take the time to focus on it and enjoy it. In doing too much, you do nothing.

Bail for your health. Bail for your life. Bail for you and your family. Less is

more. Less is better. Less is fine.

Once you bail, there will be a problem. You'll feel lighter, you'll have time, and you'll wonder what to do with your time. You'll have quality time with family, if you so desire. You'll have time to read a book. You'll even have time to call that old friend you have been thinking about.

Yes, it's time to bail. It's time to right size. Time is the same for everyone. The issue is how we use it. Do we use it or do we let others use our time? Do we use it as the great resource it is? We all have the same amount of time. The issue is what we do with it.

Use time as your friend, doing what has value for you and your loved ones.