



TIME JOY-GASM

more pleasure
more productivity
more purpose

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Busyness is the #1 Killer of Soul Purpose.

“I don’t have enough time,” is one of the Ego’s greatest lies, keeping you from discovering and living your Soul’s Purpose.

We confuse busyness for productivity, however, the opposite is true: busyness kills creativity and hinders productivity, increases mistakes and often causes injury to ourselves and others. Busyness can destroy social lives, create physical stress and illness, shorten lifespans, cause chronically flakiness and lateness and damage our most-cherished relationships.

Busyness is an addiction, like smoking. A smoker wears a rut in their neural pathways, getting a dopamine hit every time they light up. This keeps them smoking despite the cough and smelling like a ‘90s vagrant rock star. They’re willing to take the social hit and risk death for the dopamine high.

The Chronically Busy have also worn a rut in their neural pathways, getting a dopamine hit every time they cross something off their to-list. Getting a further dopamine rush when they recite the litany of Gawd-Awful chores on their to-do list. This momentary high keeps them rushing, rushing, rushing, multi-tasking and one step ahead of the “now” all day long, despite the wear and tear that busyness takes on their bodies, despite the warning signs from the Universe to slow down (speeding tickets, injuries, mistakes at work, and social fallout from not being able to fit true priorities like spouses, children, friends and their own Soul into their lives). All for the dopamine Productivity High.

To get off the Busy Bus, you have to create new Neural pathways and ruts in your brain. During this course we're going to get very intentional about which ruts we choose to create in our brains and which habits and activities we're going to create a dopamine high from. If you've been warned about your busyness with complaints from loved ones, warnings from bosses, run-ins with minor authorities and minor injuries—fair warning The Universe will enforce slowness if that's what your Soul is begging for. Chances are if you're taking this course—THIS IS YOUR WARNING SIGN.

Time Joy-gasm is going to help lead you to your true Soul's Purpose.

The Attraction of Time

“Like attracts Like” in Law of Attraction physics.

Pleasure attracts more Pleasure.

Joy attracts more Joy.

Love attracts more Love.

Fun attracts more Fun.

No one ever created a life they love doing a series of tasks that they hate or they find Soul Sucking. No one ever busy-ed themselves to Joy, or misery-ed themselves to happiness. In other words, if your life is made up of a series of mundane to deplorable tasks that are not your Soul’s Purpose, you’ll always have a feeling that you should be somewhere else, doing something else.

If you’re constantly telling people that you’re Crazy Busy, the Universe will find ways to keep you so.

White Space: YES!!!

White Space is critical to creativity.

This is when your Soul is likely to speak, during the hours unscheduled, unplanned and un-agenda-ed. If you build White Space into your life, and insist on it, you will focus on what's really important to you, and those pieces of your life will expand.

White Space focuses the eye on what is really important in a piece of art. This is true in your life as well.

White Space is an artistic term which refers to the blank or background space in art, writing and music.

Without White Space, a piece of poetry is unreadable, just a blur of meaningless words strung together, it's the spaces between letters and words, the commas that break up a thought, the margins and paragraph returns that make a piece of writing beautiful, or even functional.

Without White Space—a rest, a chorus, a melodic interlude—a piece of music is just chaotic sound.

Without the background, the sky, the sea or the field in a painting it's just paint on canvas.

This is true in life. White Space focuses your attention on what is really important. What you focus on expands.

If you focus on “I’m so busy, I’m crazy busy, someday it’s going to slow down, but right now I’m just so crazy busy,” then busyness expands.

But, if you focus on allowing yourself time to listen to and to feed your Soul, it is pleasure and your Soul’s Purpose which expands.

Thought-Provoking Questions

Are you “Crazy Busy?”

Have you ever heard yourself say, “I wish I could but I’m too busy?” Or subjected someone to a litany of chores on your to-do list when they ask you how you are?

What are you getting out of being Crazy Busy? (social props, distraction from something you’re afraid of, a productivity high?)

How are you spending your time?

Does that reflect your true values?

Is Time, or lack of it, effecting whether or not you are fulfilling your Soul's Purpose?

What would you do if you had the time?

What if you're rushing, rushing, rushing to your Soul's Purpose but you haven't been able to put your finger on it? Could that be true?

Time Tithe

During my Year of YES! I heard a voice from deep within myself, Tithe Here. Tithe to this piece of God. The implication was that I was the piece of God that desperately needed healing. If my body, mind and Soul were depleted I would be of use to no one. Thus, I began putting aside—and spending—10% of my time and money on ... ME!

I spent it on neglected medical care, energy work and massage, getting shellac on my nails, taking trips, taking myself out to lunch and anything else that my Soul longed to do, but I had never given myself the time or money to do it. I positively Drenched myself in Pleasure.

It was the single most healing thing I've ever done in my life. It made me a better entrepreneur with far more creative energy and productivity, it made me a better mother with far less crankiness and far more love to give and it made me a better Self. My health and vitality improved tremendously, and I lost weight and got prettier (really). I really began to enjoy my Self.

The invitation of Time Sex is to make Pleasure Drenching a Spiritual Practice with a Time Tithe.

Pleasure Drenching, a Spiritual Practice

Time Tithe Rules:

** Tithe 10% of your time to yourself.*

** This equates to four hours a day or 20 hours a week (if you don't count weekends).*

** The Time Tithe can only be spent on self-care and Pleasure Drenching. This is honoring you, this little piece of God, the Temple in which your Soul has chosen to live. (The least you could do is make the living pleasurable.)*

** You cannot be taking care of another person during the Time Tithe. You can be social as long as it's not in a parental or other caretaking position and it's purely for pleasure (a date with your honey, for instance).*

** If you spend time in the morning and evening taking care of yourself, spend an hour tithing exercise to your physical body to keep the machine moving into your 100th year and add in some Pleasure Drenching and White Space in your evenings and weekends, you'll find that it's easy to rack up 20 hours a week of Time Indulgence.*

Soul Support

You're not going to rehab from Busyness Addiction without Support. You need social support to back you up when making these choices, because yeah, you might just get some backlash from people in your life as you make changes in the way you Live Time.

Don't turn back. The people in your life will adjust and they'll likely be really happy about the results of the changes once they get used to the new routine and boundaries.

**If you're not the master of your time
you're the master of nothing.**

Delegate & Hire

You don't have to do everything. In fact, you shouldn't do everything. Doing everything will suck the life right out of your Soul and perpetually distract you from your genius work and your Soul's Purpose.

Really effective people, people who live their Soul's Purpose, achieve great things, have enormous epiphanies, take it to the Next Level, expand their businesses and create a connected family life inherently know that they can't do any of those things if they are doing everything.

And if they insist on doing everything in one area of their life—say, focusing exclusively on their business instead of hiring an assistant or sub-contractor—other areas of their lives suffer, say, their marriage.

Hire an assistant or get a divorce? I dunno. It's a hard call. Which will you choose?

If you don't think you're making these kinds of choices with every day's schedule, think again.

Small things add up to cumulative results with big impact. There are certain activities that light you up—these are Joy-gasms.

Make your life one ginormous Joy-gasm!

Find other people to do the rest.

If you're the "default parent," delegate some responsibility to your co-parent.

Driving three hours a day to kids activities is below your pay grade. It is a waste of your gifts and talents and it's robbing you of productivity and creative genius that could be spent on your Soul's Purpose in your business, or on White Space and personal time.

No kid ever looks back on their childhood and says, You know what I remember as special time together? It's the three hours a day we spent in the car "bonding." Hire a college kid to drive kids to school and practices or pay another parent who is already driving there. Organize a carpool that reduces your driving to once a week.

Delegate responsibility for housework between family members or pay someone to come in and do it.

Use a virtual assistant for tasks that suck your time.

You DO have a busy life and that's because you're not handing stuff off to people who can—and should—be helping you.

Hands-On

Go through the calendar you just made and ask this question:

Is there someone else who could do this?

Then, don't assume you can't afford it. Call and get a quote. Find out how much it really costs and factor in whether you could make more money if you spent that extra hour working. Or would you increase your Joy Factor by an amount equal to the time you're no longer spending on the task.?

THIS is the key to creating a life that's full of creativity instead of Busyness!

THIS is how you find time for your Soul's Purpose.

The Structure of Creativity

There is creative freedom in structure. You can create new neural pathway ruts—a habit—in your brain in about 27 days.

You'll have to play with the nuance of these systems to find what really works for you, but here are some structural guidelines that I highly recommend.

Create your calendar for next two weeks using the calendar provided. Use post-it notes so that you can change where you put things. Eventually I want you to invest in a white board weekly calendar.

- 1. Plan your schedule on Mondays.**
- 2. Weekly Whiteboard or calendar apps are great.** Each appointment from your phone goes on your weekly white board calendar.
- 3. As soon as you set an appointment it goes in your smart phone calendar.**
- 4. Each appointment automatically has two alarms. *One day before and one hour before.*** One day before allows time for you to prepare the day before the appointment, gather papers, review materials and put things you'll need in the car. One hour before allows you time to wrap up what you're doing, prepare, travel to the appointment and shift your brain to a new activity.
- 5. Consistency is Key.** When possible make *ONE* choice. "I exercise 5 days a week and I take this kickboxing class on Mondays at 12:15." This never changes because you've already decided. Therefore you can leave it as a weekly occurring event in perpetuity.

6. **Work hours should remain consistent and steady.** Willy Wonky work hours will result in Willy Wonky results. Your brain will become accustomed to feeding you the creativity and productivity during certain hours of the day if you train it by keeping consistent hours.
7. **Chunk activities together.** It takes brain power and energy to switch your brain from task to task. Group like-tasks together. When you're doing administrative tasks do them all at the same time. When you're networking, schedule networking events back to back. When you're doing marketing or writing do it all together. This makes your brain more efficient, allows creativity to flow and makes you more effective.
8. **Run errands when you are already out of the house.** Do not schedule random errands in the middle of the day. Schedule them in early mornings or late afternoons, preferably on days when you're out of the house already. The lunch meeting is a Time Suck unless you're chunking networking for that day. The breakfast meeting or late coffee is better, it will allow you to get more done at your desk with consecutive hours of dedicated work time.
9. **Group errands by neighborhood.** If you know you have to go to the pharmacy across town, map a route that will take you to all of the errands on the way and back and only go to that neighborhood once.
10. **Leave White Space on your calendar.** Make sure you "schedule" White Space during your week. During your "work hours," do not put individual tasks on your calendar. It overwhelms your brain. Rather put your appointments on the calendar and keep a to-do list on a scrap of paper or a Word doc. You won't feel as busy, so you won't rush as much.
11. **30 minutes between every appointment is the rule.** It take at least 30 minutes to drive anywhere, allow plenty of time for travel.
12. **30 minutes between phone appointments too.** You need time to regroup, reroute your thoughts, pee, grab a snack, etc.
13. **Leave Sundays and Saturdays open.** Do not jam weekends full of obligations and activities. White Space is key on these days as your body and mind really will rest and produce better results on Monday.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

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