




BE THE BEST VERSION OF YOURSELF

Rabbi Efrem Goldberg
Boca Raton Synagogue



Suffocating or Drowning

- Running on overload
- Always overwhelmed
- Infrequently accomplish what set out to
- Pulled in a million directions
- Gallup poll a year ago found that 61 percent of working Americans said they did not have enough time to do the things they wanted to do.



Impressive or Pathetic?

ANXIETY

The 'Busy' Trap

By TIM KREIDER JUNE 30, 2012 3:15 AM 813



[Anxiety](#): We worry. A gallery of contributors count the ways.

If you live in America in the 21st century you've probably had to listen to a lot of people tell you how busy they are. It's become the default response when you ask anyone how they're doing: "Busy!" "So busy." "Crazy busy." It is, pretty obviously, a boast disguised as a complaint. And the stock response is a kind of congratulation: "That's a good problem to have," or "Better than the opposite."

Notice it isn't generally people pulling back-to-back shifts in the I.C.U. or commuting by bus to three minimum-wage jobs who tell you how busy they are; what those people are is not busy but *tired. Exhausted. Dead on their feet.* It's almost always people whose lamented busyness is purely self-imposed: work and obligations they've taken on voluntarily, classes and activities they've "encouraged" their kids to participate in. They're busy because of their own ambition or drive or anxiety, because they're addicted to busyness and dread what they might have to face in its absence.

It's not as if any of us wants to live like this; it's something we collectively force one another to do.



Suffocating or Drowning

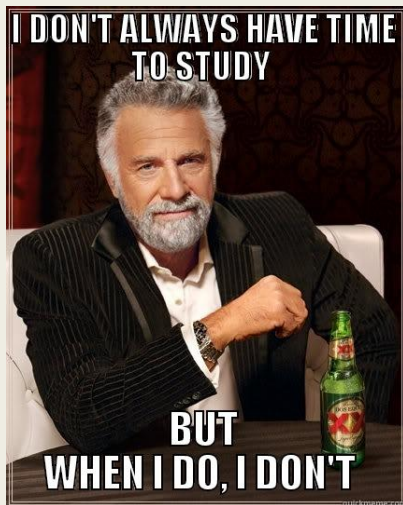
Consequences of crazy busy lifestyle:

- Failing health
- Failing mental health
- Failing spiritual health
- Failing relationships
- Failing productivity and accomplishment
- Failed legacy



“No Time”

Pirkei Avos 2:5



הוא הִיהָ אומר, עֲשֵׂה רְצוֹנוֹ כְּרְצוֹנָהּ, כְּדִי שְׂיַעֲשֶׂה רְצוֹנָהּ כְּרְצוֹנוֹ. בְּטֹל רְצוֹנָהּ מִפְּנֵי רְצוֹנוֹ, כְּדִי שְׂיִבְטֹל רְצוֹן אֲחֵרִים מִפְּנֵי רְצוֹנָהּ. הִלֵּל אָמַר, אַל תִּפְרָשׁ מִן הַצְּבוּר, וְאַל תִּתְאַמֵּן בְּעֵצְמָהּ עַד יוֹם מוֹתָהּ, וְאַל תִּדְּיִן אֶת חֲבֵרְךָ עַד שֶׁתִּגִּיעַ לְמְקוֹמוֹ, וְאַל תִּאמַר דְּבַר שְׂאֵי אֶפְשֶׁר לְשִׁמְעַ, שְׂסוּפוּ לְהִשְׁמַע וְאַל תִּאמַר לְכִשְׂאֶפְנָה אֲשֶׁנָּה, שְׂמָא לֹא תִפְנָה:

Hillel says: Don't separate yourself from the "tzibbur" (community); and don't rely on yourself until the day of your death; and don't judge your friend until you reach his situation; and don't say something could never happen, for in the end it might happen; and don't say "When I have [free] time I will learn, lest you never have [free] time."

Blame

We blame other people and circumstances and act as though we have no control



The Busy Person's Lies

www.nytimes.com

The Busy Person's
Lies - The New York
Times

- Laura Vanderkam - "The Busy Person's Lies"
- "One study from the June 2011 Monthly Labor Review found that people estimating 75-plus hour workweeks were off, on average, by about 25 hours. I once had a young man tell me he was working 180 hours a week — impossible, considering the fact that this is 12 more hours than a week contains — but he felt tired and overworked, as we all sometimes do, and chose a high number to quantify this feeling."
- "Life is full, and life has space, there is no contradiction."

Want to Want to Do Something

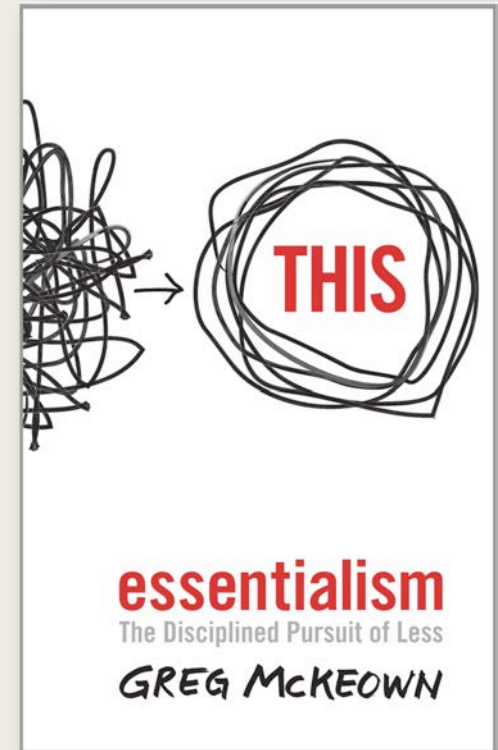
- “How do you know the sky wants to rain?” “Because it is raining.”
- The Yid HaKadosh, Rav Yaakov Yitzchak Rabinowitz, points out that we sometimes confuse *wanting* to do something with *wanting to want* to do something.



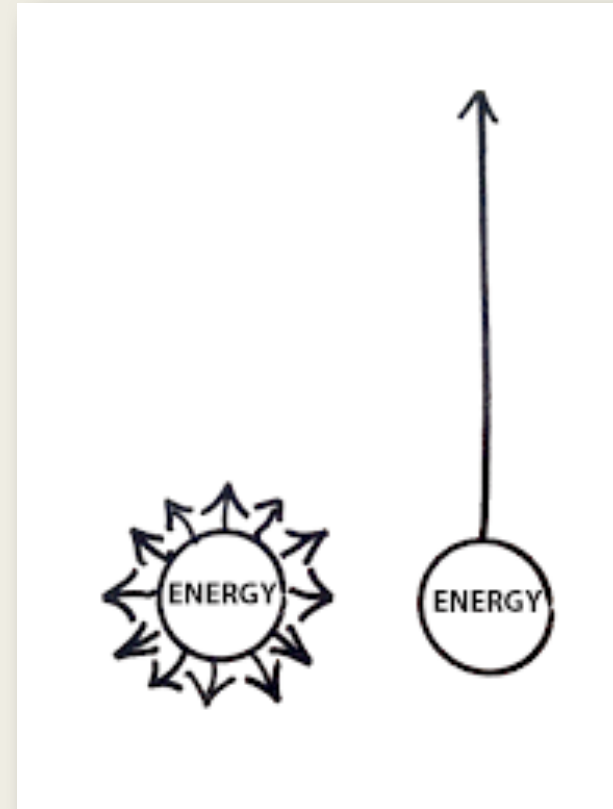
Essentialism

- “Essentialism, The disciplined pursuit of less” by Greg McKeown
- **“If you don’t prioritize your life, someone else will.”**
- “My first act of free will shall be to believe in free will.”

William James



Channel Energy for Efficiency and Productivity



Free Will

When we forget we have the power of choice, we allow others to determine what fills our time instead of ourselves.

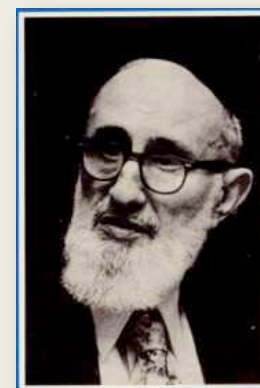
רשות כל אדם נתונה לו: אם רצה להטות עצמו לדרך טובה ולהיות צדיק , הרשות בידו; ואם רצה להטות עצמו לדרך רעה ולהיות רשע, הרשות בידו.

Rambam (Hilchos Teshuva 5) doesn't call it bechira but refers to it as reshus

Rabbi Soloveitchik

בחירות = Election from set choices

רשות = no limit to possibilities



Time is Finite

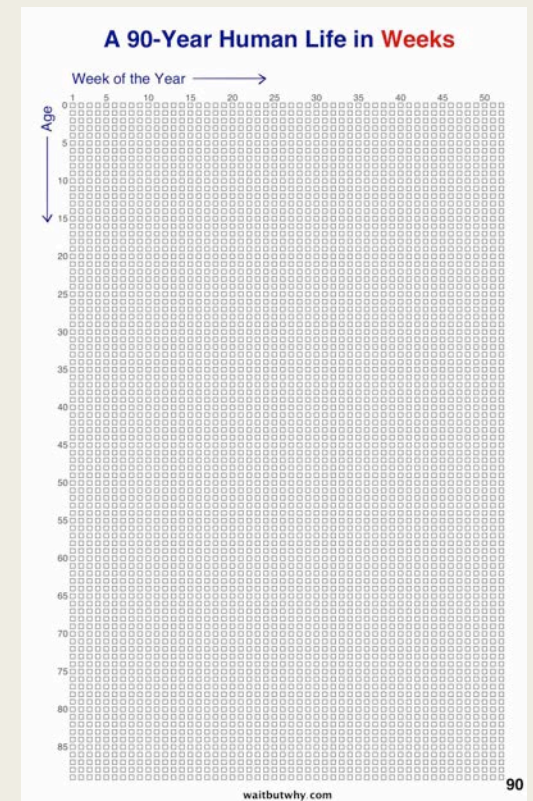
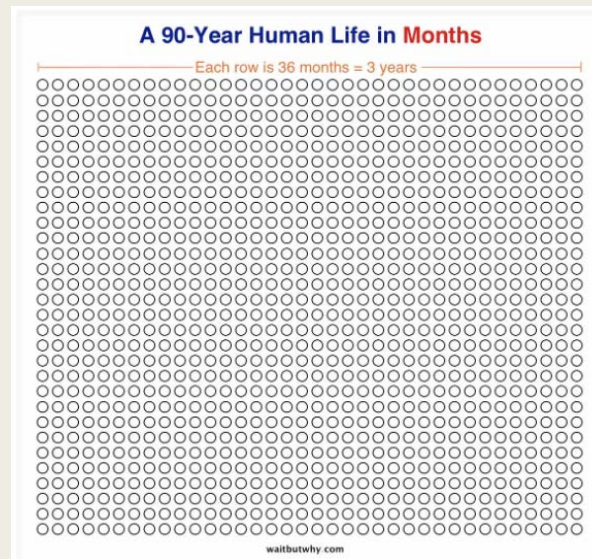
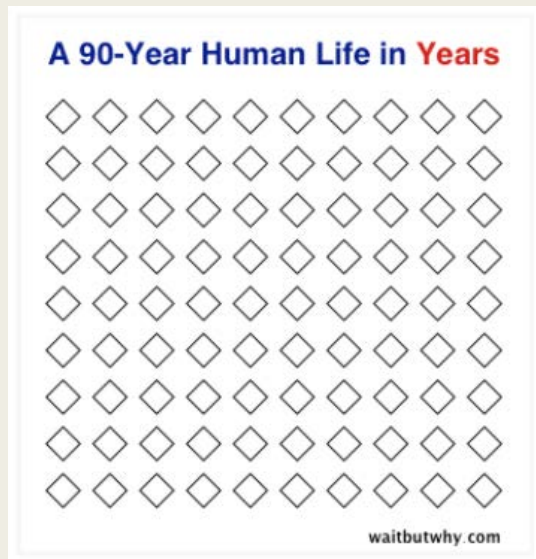
There are 168 hours in the week.

One can work harder to earn more money, but there is nothing we can do to create more time.

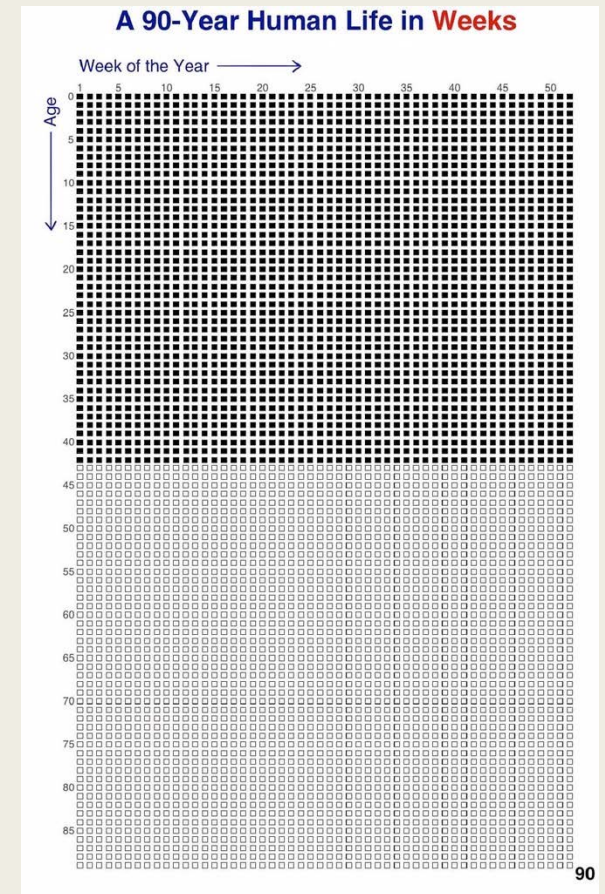
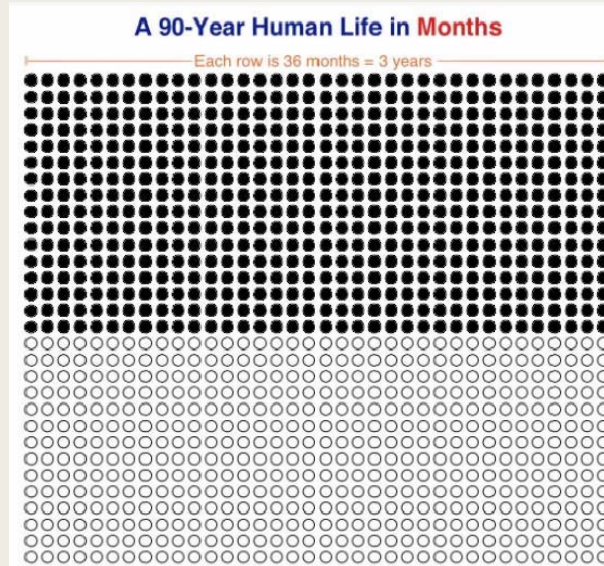
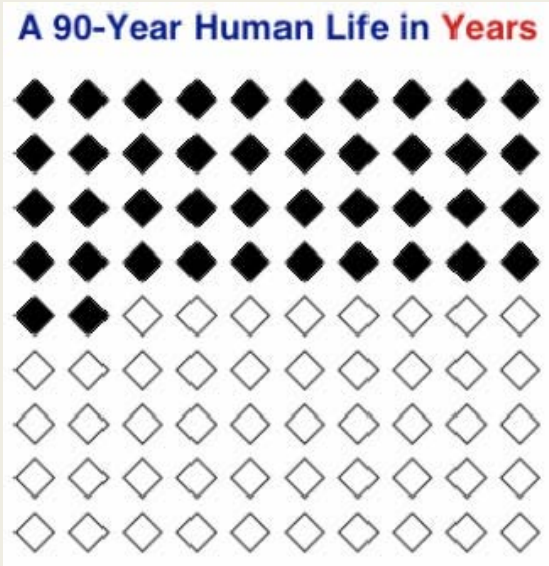
Time is limited and it is counting down



Graphic of Human Life (90 yrs)



Graphic of 42 Year Old (out of 90)



Freedom vs. Slavery


Seforno (Shemos 12:2)

החדש הזה לכם ראש חדשים. מכאן ואילך יהיו החדשים שלכם, לעשות בהם כרצונכם, אבל בימי השעבוד לא היו ימיכם שלכם, אבל היו לעבודת אחרים ורצונם, לפיכך ראשון הוא לכם לחדשי השנה. כי בו התחיל מציאותכם הבחירי:



Difference between being a slave or free person
is if you control your time

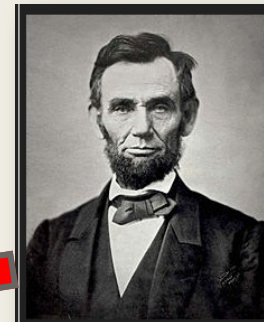
7th Habit - Sharpen the Saw



The 7 Habits of Highly Effective People

1. Be proactive
2. Begin with the end in mind
3. Put first things first
4. Think win-win
5. Seek first to understand, and then to be understood
6. Synergize
7. Sharpen the saw

Stephen Covey
(1932-2012) InspirationBoost.com

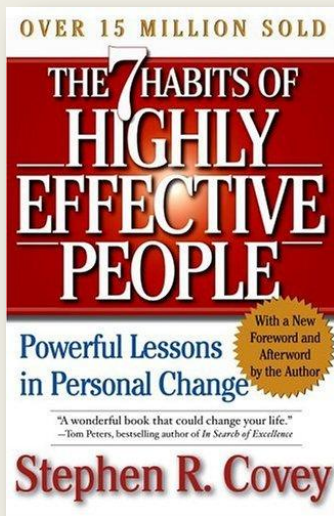


Give me six hours to chop down a tree and I will spend the first four sharpening the axe.

(Abraham Lincoln)

Sharpen the Saw

Stephen Covey - "Sharpen the Saw means preserving and enhancing the greatest asset you have--you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual."



Physical:

Beneficial eating, exercising, and resting

Social/Emotional:

Making social and meaningful connections with others

Mental:

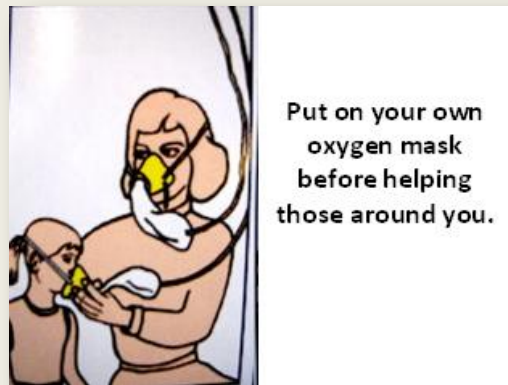
Learning, reading, writing, and teaching

Spiritual:

Spending time in nature, expanding spiritual self through meditation, music, art, prayer, or service

Care For Yourself to Best Care for Others

- Covey puts sharpen the saw as the 7th habit, but it seems to me it should be the first



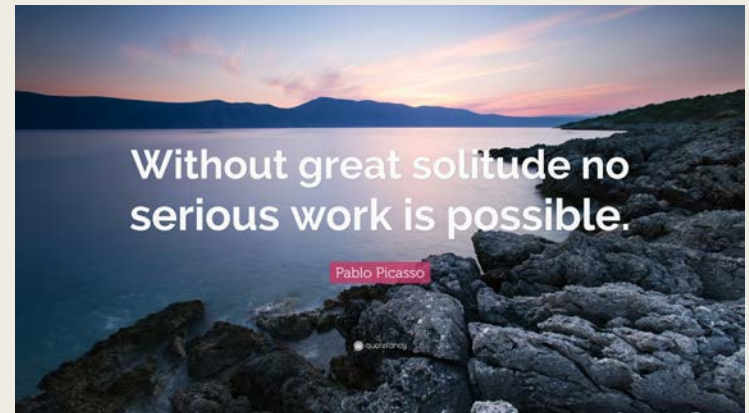
Space and Serenity

ויותר יעקב לבדו ויאבק איש עמו

Ya'kov wrestled alone...

Zohar - Kol Nidrei Night

Breakthrough requires space



Fear, Greatest Obstacle to Margin

Michael Hyatt

While external causes are a factor, most of us lose margin because of something a little more personal: *our own fear*.

- ▶ Fear of missing an opportunity.
- ▶ Fear of disappointing others.
- ▶ Fear of being left out.
- ▶ Fear of being judged.



Margin

“Margin is the space between our loath and our limits. It is the amount allowed beyond that which is needed. It is something held in reserve for contingencies or unanticipated situations. Margin is the gap between rest and exhaustion, the space between breathing freely and suffocating...”

If we were equipped with a flashing light to indicate “100 percent full,” we could better gauge our capacities. But we don’t have such an indicator light, and we don’t know when we have overextended until we feel the pain. As a result, many people commit to a 120 percent life and wonder why the burden feels so heavy. It is rare to see a life prescheduled to only 80 percent, leaving a margin for responding to the unexpected that God sends our way.”

“Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives”
Richard Swenson, M.D.

Margin

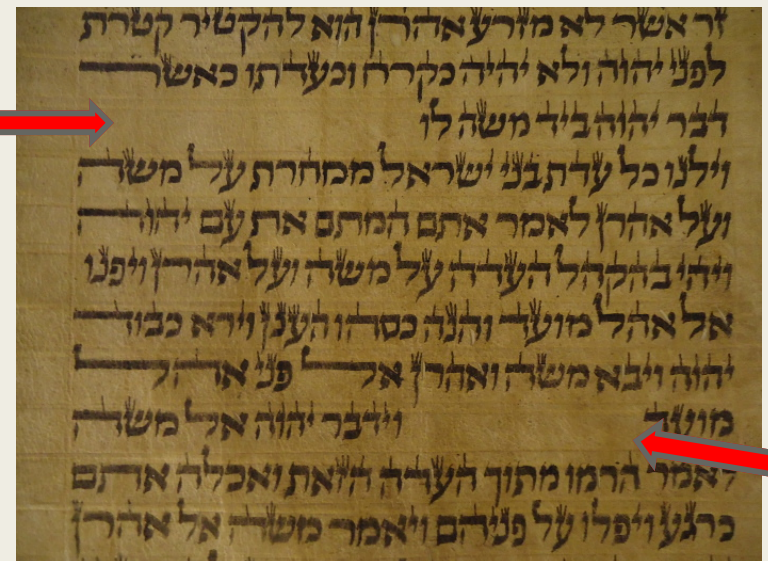
- Mukaf Gvil: Menachos 29a
 - *Each individual unique, don't run into one another and blur*
- "R. Simeon ben Lakish said: The Torah given to Moshe was written with black fire upon white fire, sealed with fire, and swathed with bands of fire. (Yerushalmi Shelamim 6:1)
 - *Rabbi Soloveitchik – must sometimes read between the lines*

נצרכה אלא לקוצה של יוד והא נמי פשטא אלא לכאודך דרב יהודה אמר רב דאמר רב יהודה אמר רב "כל אות שאין גויל מוקף לה כלארבע רוחותיה פסולה אמר ר' אשיאן בר נר כך משמיה דרב יהודה נקב תוכו של ה"י כשר



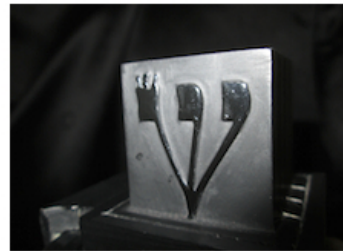
Pesuchos and Stumos

- Psuchos and stumos
- White space in Sifrei Torah
- Moshe thinking and reflecting in between Hashem dictating the Torah



Two Shins on Tefillin

Tosfos (Menachos 35) – two types of shin on tefillin, the lines and the shin in between the lines.



3 Headed Shin



4 Headed Shin

Rav Kook on White Space Margin

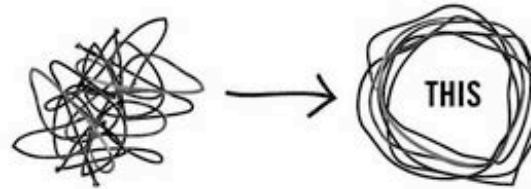
“We can deepen our understanding of the white and black fires by considering another example of white space in the Torah. Extra space is left blank to separate sections of the Torah. The Sages explained that these separations allowed Moses to reflect upon and absorb the previous lesson. In other words, the white fire corresponds to the loftier realm of thought and contemplation. The black fire of the letters, on the other hand, is the revelation of intellect into the realm of language — a contraction and limitation of abstract thought into the more concrete level of speech.”



Essentialist

- New Paradigm and way of thinking

The Model



	Nonessentialist	Essentialist
Thinks	ALL THINGS TO ALL PEOPLE "I have to." "It's all important." "How can I fit it all in?"	LESS BUT BETTER "I choose to." "Only a few things really matter." "What are the trade-offs?"
Does	THE UNDISCIPLINED PURSUIT OF MORE Reacts to what's most pressing Says "yes" to people without really thinking Tries to force execution at the last moment	THE DISCIPLINED PURSUIT OF LESS Pauses to discern what really matters Says "no" to everything except the essential Removes obstacles to make execution easy
Gets	LIVES A LIFE THAT DOES NOT SATISFY Takes on too much, and work suffers Feels out of control Is unsure of whether the right things got done Feels overwhelmed and exhausted	LIVES A LIFE THAT REALLY MATTERS Chooses carefully in order to do great work Feels in control Gets the right things done Experiences joy in the journey

Essentialists Think About Tradeoffs

You can't say yes to everything without making tradeoffs.

Every yes to one thing, is a no to another.

Yes to another meeting, event, committee, is a no to your learning, exercise, time with your spouse or children.

Essentialists weigh every opportunity against the potential tradeoffs.



Value of Extreme Criteria

If it isn't a clear yes, then it is a clear no

When cleaning your literal or virtual closet, ask:

“If I didn't already own this, how much would I spend to buy it?”



Summary

- Feel like drowning but don't have to
- Not impressive to say "crazy busy"
- We have limited time and can't get more
- What we do shows what we really want to be doing
- Have free will to prioritize our lives
- Sharpen YOUR saw
- Create more margin in your life
- Understand tradeoffs of saying yes