



YATIN SAMANT

BUSYNESS TO BUSINESS

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Busyness is a malaise



Is Busyness real or imagined? Is it a state of matter or a state of mind?

Busyness is not normal

- Busyness doesn't exist, it is absence of being organized
 - Just as darkness is absence of light
- The clutter is self created -- not circumstantial
 - It is an artificial imbalance state – 'acquired' lifestyle malaise

Busyness is a '3 C' Diseased State

- Contagious: Affects everybody around / working with you
- Chronic: The more you remain affected , the deeper you sink
- Cancerous: Unless detected & prevented early – can be terminal
- Business can be debilitating:
 - Inefficient pursuits without results . Prevents one from creating future

Busyness Impacts Severely



Busyness has serious, lasting consequences

- On your career
 - Non achievement, Loss of credibility, reputation
 - Out of reckoning, non dependable
- On your organization
 - Slow pace of performance, Missed opportunities, Inefficiency
- On your colleagues
 - De-energising, demotivating, uninspiring
- On you as a person
 - Guilt, anxiety, insecurity
 - Work life balance, health, energy

Busyness – Symptoms



PHYSICAL

- Missing deadlines. Most of the time ,running around, firefighting
- Struggle to be ready in time – Always un / underprepared
- Repeating same mistakes (Pattern – predictable unpredictability)
 - No learning to recycle. No mind or time to learn

PSYCHOLOGICAL

- Tired, overwhelmed, low on energy
- Victim trap - blaming others. Low self reflection
- Quick in self defense, Basking in self glorification

Why are We Busy ? ? ?



- Don't know what is expected - Role clarity
- Don't know how to do it - Method
- Don't have help - Facilitation
- Don't know how to break open the “ Chakravyuh”
 - Technique, Technology

Gravity factor / stuck in status quo – How strong is your RESOLVE

Busyness Chakravyuh: Wayout



- **Develop greater awareness**
 - **Knowledge, Understanding, Realisation, Implementation**
- **Transform to structured approach**
 - **Use Method, Plan than be adhoc. Proactive than reactive**
 - **Tools: Time Priority plan, D/W/M Chart → Month planner**
- **Clean up Backlog & carry no more**
 - **Set deadlines, Self management, Work offsite, Clean slate**
- **Active counselling**
 - **Seek mentor, guidance to come out of the ‘Chakravuyh’ syndrome**
- **At “ Powerful Perspectives”, we have proprietary product and toolkit for decisive way out to conquer Busyness**

Busyness to Business



“The greatest enemy of good thinking is busyness.”
— [John C. Maxwell](#)

