

Improve Your Life by Doing Absolutely Nothing At All

By Are We There Yet



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We've all read the books. Or the Internet versions. Achieving work-life balance and inner peace *is* possible, if you start with a very simple fact: be honest with yourself and those around you. But that's when it starts to get complicated. Just being honest isn't going to make you richer or happier. You have to concretely *do* something if you want something to happen.

To get things happening faster and start improving my life right away, I compiled a list of some of the most popular theories:

- Set the alarm and get up early
- Let myself sleep until I wake up naturally
- Eat locally
- Eat more fish
- Do this despite it being 18° below and we're far from water or gardens that aren't frozen

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- Exercise in the morning
- Exercise in the evening
- Don't over-exercise
- Drink red wine
- Drink only water
- Do work that you love, even if it doesn't pay well
- Find work that pays well, so that you don't have stress
- Have a set plan every day to achieve your goals, one step at a time
- Free your day completely, to relax your mind and focus on achieving your goals.

It would seem, according to this admittedly not-very-scientific-list-of-highly-disputable facts, that each step I need to take requires a step in the opposite direction. And if I apply the basic mathematical formula where two opposites cancel each other out, in order to achieve supreme efficiency I should do absolutely nothing.

I suddenly realized this was a wonderful plan. I had already achieved greatness, simply by accomplishing nothing at all. It's math. And you can't argue with that.

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