

The Power of Slow

21 Ways to Slow Down Now

Because slow is faster and fast is merely exhausting!

In this crazy world of high tech and high anxiety, we invite you to discover the power of "slow."

If you have ever tried to fill a tablespoon with water flowing quickly from the tap, you will know that fast is not always better. Sometimes turning the water down a notch is actually more productive. Slow living does not mean you *always* crawl at a turtle's pace, although we all know who won Aesop's race in the end. Finding your custom-made speed can trigger a happier, more gratifying life as you pause to savor your experiences more fully. The power of slow requires a positive relationship with time itself. When you engage in the power of slow, you unleash new energy to help you arrive at what's truly important while keeping the 'white noise' of distraction and haste at bay. Consider time to be the very friend that helps you get there.

#1

Embrace Time Abundance. Like time starvation, time abundance is a mind-set. Know that there is a reason for every season. Time abundance states you have *more than enough* time to get everything done that serves your ultimate purpose.

#2

Create The Opening. Sometimes saying 'no' to one thing means leaving room for 'yes' in other areas.

#3

Relish The Space Between Things. 'Ma' is a Japanese term for the space between beats in music or theatrical performances. Give 'ma' a chance to show itself in your calendar by creating room for some breezy nothingness between appointments.

#4

Disengage From Clock Combat. Put away your watch every now and then to experience a timeless state of peace. Challenge yourself to go clock-free for a day.

#5

Invite Flow Into Your Life. Engage in activities that make you forget the time altogether such as painting, dance or making to music.

#6

Eat Mindfully. You are what, and how, you eat. Take time between bites and chew slowly. Make it a primary, not secondary activity (while doing something else).

#7

Use Your Tools. Let that call go to voicemail. Suspending your availability now and then helps you regain your center.

#8

Switch Off Your Cell Phone Altogether. It is an addition as much as a convenience. Turn it off from time to time to recharge from the world. The Earth will keep spinning as you refrain from doing so.

#9

When A Window Closes, A Door Opens. Focus on one project at a time and close all other unrelated windows on your computer. Distractions can tug at your energy, leaving you feeling depleted.

#10

Captain Your Own Ship. Make a choice to include time out to dock and visit ports other than work, family responsibilities and obligations. Make sure you have time for simple pleasures and joys.

#11

Redefine The Value Of Leisure. For those who struggle with taking time off, remember a productive worker is a well-rested one.

#12

Rekindle Your Childhood Dreams. Kids are great role models for life beyond the clock. Recall what you dreamt about as a kid and pursue some of those interests.

#13

Adhere To The 'Rule of Full'. Instead of taking a half-day off, take a full one. Focus completely on relaxing activities such as a swing in the hammock or a leisurely stroll through the park.

#14

Take An Adult-Sized Time-Out. Challenge yourself to explore a new part of your surroundings – gadget-free. Frequent unplugged fun fosters a sense of connection with your living space.

#15

Change Your Routine. Take a new route to work or order something completely different from the menu. It will raise your awareness about your immediate surroundings and create a new sense of place.

#16

Spend Thirty Minutes Outdoors. Vitamin D deficiencies arise especially in the winter months. Find ways to go outside daily for a breath of fresh air and sunlight (yes, even through the clouds).

#17

Surround Yourself With Beauty. Stimulate your senses with aromatherapy candles, soothing music or a water fountain that splashes in the background.

#18

Get Moving. Slowing down does not mean you stop. It means becoming more mindful. Incorporate movement into your daily routine by taking the stairs instead of the elevator. It will do you good, *body and soul*.

#19

Take Life in Bite-Sized Pieces. We often procrastinate due to overwhelm. Break bigger projects down into manageable chunks.


#20

Don't Sweat The Small Stuff. Life is in the details, but you needn't be overshadowed by them. Focus on what you *can do* to change things; not on what you *can't*.

#21

Savor Your Personal Bank Account Of Time.

Ultimately, the choice is yours. How you spend your daily units is up to you. Living powerfully is a decision you get to make anew every day.

The
POWER
of
SL**W**

101 Ways to
Save Time in Our
24/7 World

Christine Louise Hohlbaum

"The Power of Slow is a welcome riposte to our fast-forward culture. With wit and wisdom, Hohlbaum shows us how to reset our metronomes and reinvent our lives."
—Carl Honoré, author of *In Praise of Slowness* and *Under Pressure*

Author Christine Louise Hohlbaum adapted these concepts from her book ***The Power of Slow: 101 Ways to Save Time in Our 24/7 World***

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