

The Less You Do, The More Successful You'll Be

You don't need to hustle anymore.

Did you buy into the lie too?

That the more you do, the more you achieve, and the more you improve, the better life will be.

If you just got that promotion, visited the Maldives, got engaged, and launched that business everything would be perfect.

But after all that improving and doing, you find that nothing was ever gained on a deeper level.

You are still you – still wanting more.

How can this be?

The hack of doing less

The thing is, when we split our energy we constantly overwhelm ourselves.

We get on the treadmill of doing more and more.

From there it's tricky to get off.

Doing gets addictive. And the idea of doing is easy to buy into since everyone else is doing it too.

We think that by doing more, we get more. But the truth is paradoxical. All that effort just pushes the things we want away from us.

If you think you don't have time to slow down: try it and see what happens.

When we slow down, we gain true power.

We get new ideas, not from our busy minds, but from the deeper level within.

New solutions fall into our laps. Better pathways open up in our attention when we take a break.

Constant doing is just a distraction from being the real You.

The power lies in being *You*

Hustle culture and constant doing are a sure way to avoid being aware of the deeper You within.

That's the You that is truly wise, has brilliant ideas and solutions and the You that is infinitely peaceful even if you (on the surface) are not.

There's only one way to connect with that wise inner You – by slowing down and becoming still.

And it's impossible to become still if you are constantly obsessed with doing more. There's a reason some holy people go and live in caves for years to feel more connected. The good news though, is that there's no need to live in a cave or make dramatic changes to your life.

You can do less wherever you are, and whatever your life situation is.

Doing less = better results

Doing less means that you start focussing on the important few things that you do want to do.

And that can come in many forms:

- Putting energy into one or two key projects that are much more likely to thrive with your undivided attention.
- Maintaining a small number of positive friendships.
- Coming back to the things that matter.
- Living a simpler more minimalist life without constant distraction and wanting.
- Engaging only in a few positive thoughts to help keep your mind peaceful.

Doing less gives you the chance to stand back and see what's working and what isn't. It gives you true perspective.

From there you're much more likely to get better results.