



# *Tips to keep you airborne!*



On Busyness, Burnout and Books  
March 2018

I've been busy of late...ridiculously busy (hence my tardy re-entry into the world of airborne tips this year) and in my busyness have been highlighting to leaders the slippery slope that can take one from busy to burnout.

Suddenly, I'm staring at my own reflection from an inflight iPad aboard a flight, with ample time to ponder where I, myself, am poised on said scale.

Do I like what I'm seeing? Hmm...

Actually, I don't need a mirror; my husband will do. Apparently, it's written all over my face when I'm overstretched, as it's written all over his when it's written all over mine.

So...

*Tip #1* Make time to regularly stop and take 5. Nothing tops a healthy dose of self-reflection to help with life's course corrections and to help keep one on track.



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*Tip #2* Know that when we get busy we can compromise and revise our values. If you haven't already done so, work out what your values as these are foundational to any goals you wish to pursue. \*

Goals that don't align with your values will likely crumble and collapse...akin to building castles in the sand.

So, was I compromising any of my values? I did a quick scan and a blip appeared on my radar. Yes, indeed I was...GROWTH!

I was getting comfortable being comfortable, which is a no-no in my book if you want to take your life to a richer level.

On that note of books, I looked at the most recent stack I'd purchased. There were a few in the queue.

Thankfully Marie Kondo's *Lifechanging Art of Tidying* had been done and dusted. It had helped the new minimalist me survive yet another house-move and get clearer in my head and in my heart.

*Tip #3* Consider how the space you are occupying is serving you. What are you hanging onto and why? Checkout Kondo's book if you're after a great roadmap for decluttering...in every sense of the word.

Finlay Wilson's *Kilted Yoga* is now screaming at me to stretch myself and open its pages.

A recent renovation has resulted in my putting more effort into the structure of the space I live in than the structure of my body! Soon, Finlay, soon!

As for Emeran Mayer's *The Mind-Gut Connection*, this will have to wait till I have time to fully digest it. Boy am I working up an appetite, with the gut biome a real flavor of the month.

*Tip #4* Consider your inputs and outputs in terms of nutrition and movement. What 3 things can you do, starting today, to boost your well-being? Keep them simple and specific.

Top of my list by Dominic Siow has been *What's great about this? How to be resilient and thrive through disruption and change*; a great practical read with tools, tips and a free downloadable workbook for anyone going through a tough time.

As you can see dear reader, we've come full circle back to GROWTH...back to stretching, overcoming challenges and getting uncomfortable...hence my desire to bump this one up my reading list.

Often when it comes to facing tough times and apparent insurmountable obstacles, our default thinking is: "If I can't, I can't...end of story!"

Siow quotes Anthony Robbins, who thinks differently: "If I can't, I must and if I must I can."



I'm now on a return flight in movie mode and have pressed the play button on *Darkest Hour* (Winston Churchill, faced with the threat against invasion, rallying his nation in defiance of Hitler, standing his ground and refusing to surrender.)

Churchill is now uttering these words: "If I must I shall. If I shall I can."

Now, there's a thread if ever there was one!

So...

*Final tip #5: Get busy, get uncomfortable, get clear...let go of fear.*

Know that if  $A=B$  and  $B=C$ , then  $A=C$ . Ergo, *if you can't, you can!*

Considering I was never one for math, I'm willing to give it a go :)

Till next time,

Get uncomfortable!

Caroline

*Ps... If you'd like a worksheet for the values exercise, email me on [caroline@carolinecrosbie.com.au](mailto:caroline@carolinecrosbie.com.au)*



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