

# Welcome to **BUSY = BULLSHIT**

with Penny Locaso



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# THE BUSY BLUEPRINT

- What is busy & why it's a problem?
- Creating space
- The power to change
- The plan of attack





IF I WASN'T BUSY I WOULD ...

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# WHAT IS BUSY?



**BUSY ...  
HAVING A GREAT DEAL TO DO**

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“We’re too busy to be vulnerable.”

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- Anonymous Executive



# WHY IS BUSY A PROBLEM?

# BUSY = BULLSHIT

- Catch all for overwhelm
- Barrier to creating space for what matters
- Lack of prioritisation
- Used to self validate
- Result of technological over stimulation





A woman with long, dark, wavy hair is sitting in a dark-colored armchair. She is seen from the back and side, looking out of a window. Her right hand is resting on the back of the chair. The room is dimly lit, with light coming from the window. A radiator is visible under the window.

**WHAT IS BUSY COSTING YOU?**

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# DID YOU KNOW

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You check your phone on average 2600 times per day

Every interruption in your day can cost you up to 30 minutes



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Change

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A young woman with long dark hair, wearing a white long-sleeved shirt, a grey skirt, black knee-high socks, and brown shoes, is lying on her back on a large, dark log. She is holding a book over her eyes. The log is positioned over a body of water, and the scene is surrounded by trees and foliage. The overall mood is peaceful and contemplative.

POSITIVELY OCCUPIED

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# SWITCH OFF TO SWITCH ON

Take control of your time

Set the expectation – max. 3 priorities

Turn on out of office

Block time in your calendar

Let go of noise – low impact, low value goes

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# USE YOUR NO

Reframe your mindset  
around NO

Create your NO selection  
criteria

Use the NO Sandwich

Practice your NO

Celebrate your NOs



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# DEEP WORK

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Set a weekly target

Create an objective

Time block - 2 hour sets

Remove all distractions

Practice. Practice. Practice.

Track your progress



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WHEN WAS THE LAST TIME  
YOU WERE BORED?

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# PRACTICE PRESENCE





**HUMAN CONNECTION**  
**HumanHour.co**

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# THE PLAN OF ATTACK

# THE LETTER

*Dear ...*

*I give myself permission to ...*

*I will hold myself accountable  
by ...*

*I will do this by ...*

“Beware the barrenness of  
a busy life”

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- Socrates

# WHERE TO FIND ME

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Human First Podcast

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with  
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