



Systems Make Everything Easier

By Dr. Linda Hancock

ABOUT THE AUTHOR

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Recently I wasn't feeling well. My head hurt. I was dizzy and the bathroom was barely close enough. My system was a mess!

Our bodies have several different systems. One is for digestion. Another involves lymph nodes. We have a system for blood circulation as well as several others.

It is not just the body that has systems. For example, there are transit systems, accounting systems, justice and security systems. At a personal level, we can all benefit from having systems both at home and in the workplace.

Here are some of the unique things to consider about systems:

1. They consist of several parts or steps.
2. It usually takes thought and planning to create a good system.
3. There are many resources available that provide ideas to help you.
4. Systems will usually save time and energy.
5. When one-part malfunctions, the whole system is negatively affected.
6. Maintenance and upgrades may be required to ensure efficiency.
7. People have different opinions about which systems are working well for them and which aren't so it is important to consider feedback from those who will be affected.
8. Tried and true systems last over time.

What are some of the systems that you need to create or to review in your life? Is your desk covered with paper and files? Are you struggling to find things in your garage? Perhaps you are regularly late for commitments and need to have a system to facilitate.

Do you find that you are spending a lot of money because you never have a menu plan or grocery list? Are you finding it difficult to clean because your appliances aren't working properly?

Perhaps you are feeling unwell because you haven't had nutritious meals or enough rest.

A system can be as easy as implementing things that you already have in your life. It involves setting up a process to get things done easily. For example, when you have taken out the meat for supper in advance, you don't have to come up with a plan at the last minute. Treating your washing machine, dryer and dishwasher as unpaid help allow you to feel control. Just load them up and push the buttons so they can work for you.

This week invest time in planning ways that you can develop or improve systems in your life. You will feel more in control and will notice that your productivity increases.