



## Are You Staying Busy to Avoid Your Life?

---

This worksheet will help you identify the real reason behind your need to stay busy so that you can give yourself permission to take some time for rest and recovery.

On a scale of 1 to 10, with 10 being crazy busy, how busy do you feel right now? And what number on that same scale are you comfortable with, or willing to accept.

List a few things that make you feel busier than you want to be.

List a few things you enjoy being busy with.

Now let's see if we can balance the scales a bit, so that you are spending your time on the things you enjoy being busy with.

Pick one of the things you listed first, the things that make you feel busy. Is this "thing" a priority to you or to someone else?

If it's a priority to you, why does it feel like a priority -- what's the real reason?

Is that reason in alignment with your values, needs, and goals?

If not, why do you feel like this "thing" is a priority?

Are you experiencing FOMO? Do you like the feeling of importance it gives you? Does it allow you to avoid facing your life? Or is there another reason?



Based on the answers you've come up with, is it time to put that "thing" aside, even for a little while? So that you can rest and recover for a bit. How will you go about doing that?



Now, if the "thing" you picked is someone else's priority ...

It may be time to talk with them about their expectations. Maybe you are putting undue pressure on yourself. Maybe they're not expecting as much as you think. Or, maybe they're expecting more than you are willing to give. Map out how you will go about having that conversation.

Repeat this exercise for the other things you listed one page one and come back to this worksheet as often as necessary when you are starting to feel overwhelmed.

One last thing ...

Go back to the first page and reflect on what you listed as the things you enjoy being busy with. How you can work those into your schedule this week?



Reach out if I can offer any other inspiration, advice, or encouragement.

[amanda@theexpectationgaps.com](mailto:amanda@theexpectationgaps.com)

If you think this worksheet will be a valuable resource for you, please consider supporting us for as little as \$1 by "buying me a coffee" on Ko-Fi:

<https://ko-fi.com/theexpectationgaps>

Your support will help us remain ad-free and help us support mental health awareness.