

Scattered

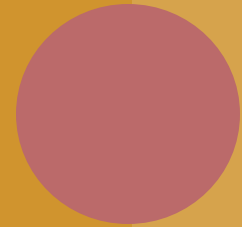
Raise your hand if you've felt **scattered** lately?

Being scattered means being all over the place.

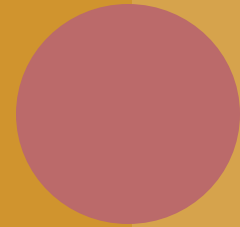
It can come across as being busy, stretched, working on many things but without a feeling of accomplishment.

This exercise is an invitation to explore this.

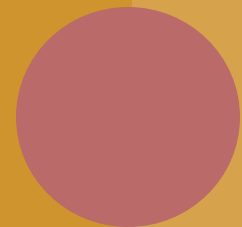
A feeling of being scattered
can arise from many **sources:**



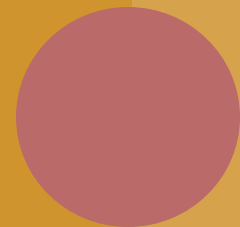
**Doing many things
at the same time**



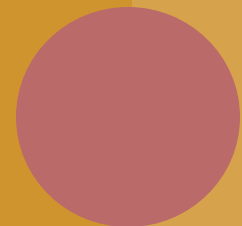
Too high workload



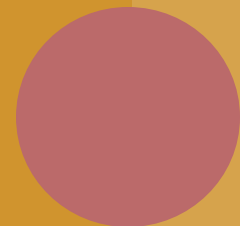
**Struggling to finish
up projects**



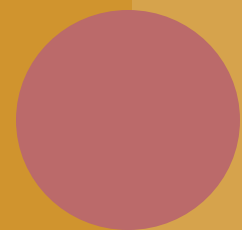
Too low workload



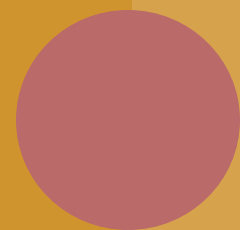
**Having a plan which
doesn't realise**



**Struggling with
boundaries**



Having no plan

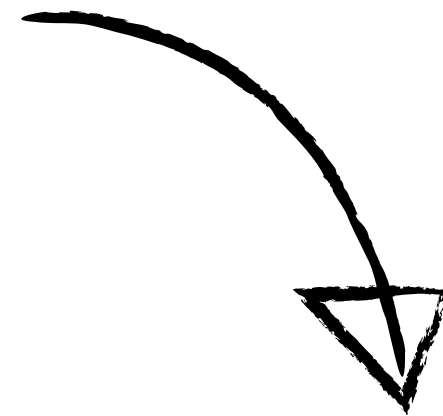


'Fire-fighting'

It's completely normal to think of being scattered as a **problem** or issue that needs overcoming.

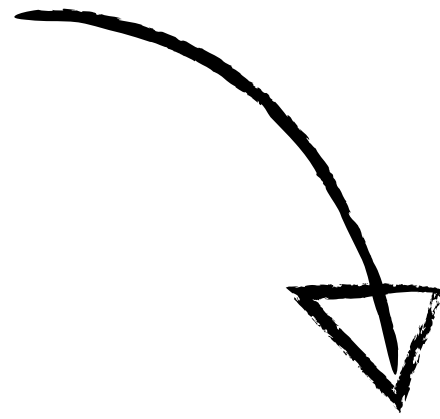
But from psychology we know
that **how we relate to the issue is**
the real issue.

When we see
being scattered as a
problem, we tend to
apply a when/ then
thinking, such as



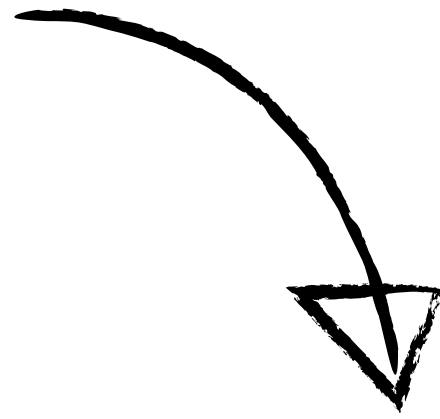
If only I wasn't so scattered
all the time, I would...

Or this



When I'm caught up with
this, then I'll do this...

Or this



If only I had more time...

The thing is, even if these conditions were satisfied, we would find another when/ then to cling on to.

In reality, no one wakes up and opens 150 tabs on their computer or volunteers for 8 hours of non-stop zoom.

So how do we end up doing it anyway?



1. Write down a list of things that make
you feel scattered



2. Split your notes into 2 columns



things I can control



things I can't control



3. What patterns to do you notice
arising?



4. Take a moment to write them down.

Grow from within.