

GENIUS NETWORK™ HOT TIPS SHEET

- The feeling of being crazy busy can be wonderful or it can be awful.
- When you reach that point of overload, you move from one state of mind to another.
The C state: Cool, calm, collected, careful, creative, cooperative, concentrated.
The F state: frantic, fearful, furious, frenzied, frenetic. You offend people, make mistakes, don't complete, become rigid, and you don't listen to feedback.
- **Dealing with F State:** First, learn to notice it. Next, start limiting input. Have an escape: perhaps a mural photographs of people or places you love. Or perform a quick burst of exercise.
- **We need human contact.** One of the unrecognized paradoxes of modern life: this feeling of being incredibly connected electronically but disconnected interpersonally. You suffer from a vitamin C deficiency – Vitamin Connect. Biologically, we need to make eye contact with a human being. We need to feel the presence of someone we like, literally, the physical presence.
- **Terms Defined:**
 - Screen Sucking: A curious kind of hypnotics trance that develops between people and a screen. You're not even aware of the passage of time.
 - Tail Dogging: Trying to do what other people are doing, instead of doing what really makes sense. Because other people are frantic and rushing around, you think, "That must be the way to go."
 - Frazzing: Multitasking ineffectively. When you are multitasking, you are giving away the efficiency without meaning to.
 - Doom Darts: something you've forgotten about that penetrates your consciousness and it's like poison. The problem is when you take on too much, it's almost inevitable that you'll forget something.
 - Kudzu: All of the junk the clutter that we collect and put in piles. You clean up the office and it comes right back again.
 - Info Addict: People for whom it's somehow exciting to be the first one to know something, even though it doesn't give them an advantage.
 - The Mega-Octopus: Describes modern life. Everywhere you look, there's a tentacle trying to get its suction cup on you.
 - Leeches: People or projects that are going nowhere.
 - Lilies: People or projects that make you feel good.
 - Rhythm: Getting your life into a pace where it rolls along smoothly. Round wheels vs. square wheels.
- **Necessary suffering:** Suffering in the service of something you're really into, you're really interested in. **Unnecessary suffering:** Suffering by doing something you're bad at – Delegate!



“You have more control than you think.”
- Dr. Edward Hallowell

BIG IDEAS/INSIGHTS I gained from this interview:

IDEA	How can I leverage this idea to my benefit?

ACTIONS I want to take based on these ideas:

ACTION/GOAL	Steps I can take right away to move on this?
Deadline: _____	
Deadline: _____	
Deadline: _____	

Recommended Resources:

- **Website:** www.CrazyBusyLife.com or www.DrHallowell.com
- **Other Books by Dr. Hallowell:** *Dare To Forgive*, *Delivered From Distraction*, and *The Childhood Roots of Adult Happiness*

Other Recommended GN Interviews with Joe Polish:

- [Dennis Deaton](#), (Author, Educator & Public Speaker) “Developing Your Skills on Life Management”
- [Marie Forleo](#) (Executive Life Coach) “Muscle Up Your Business Mojo”



For more **Genius Network™ Interviews** by Joe Polish with experts in the fields of business and personal success - visit www.GeniusNetwork.com.

info@GeniusNetwork.com ● Phone: (480) 858-0008 ● Fax: (480) 858-0004