

# Useful.

Thriving in a cold and infinite universe where everything is done better, cheaper, and faster by robots

## Busy Is the New Black

It's common nowadays for people to boast (unintentionally or not) about how "busy" they are. Often, the intention is to communicate something about status, importance, desirability or demand—like putting on a fancy new dress or suit. Yet, being busy itself does not mean any of those things.

What does being "busy" mean to you?



What do you do to keep yourself busy, that makes you feel more like yourself?  
(Promise yourself to do more of this.)

What do you do to keep yourself busy, but doesn't even make you feel good? (Promise yourself to do less of this.)

When are the moments that you enjoy being "free," rather than "busy"?  
How do you savor time?



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**Useful.**

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