

Freedom From Urgency

All the important arenas in our life are there awaiting our decisions

by Denis Waitley

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All the important arenas in our life are there awaiting our decisions. But they don't beg us to give them our time. The local university doesn't call us to advance our education and improve our life skills.

I have never received a call or e-mail from the health club I joined insisting that I show up and work out for thirty minutes each day. My bathroom scale has never insisted that I lose thirty pounds. The grocery clerks have never made me put back on the shelves the junk food I put in the cart, nor has a fast-food restaurant ever refused me a double cheeseburger and large fries because of my high cholesterol.

Nor have I ever been subpoenaed by the ocean or the mountains to appear for relaxation and solitude. Yet I receive hundreds of urgent phone messages and emails each week from people with deadlines.

You see, it's the easiest thing in the world to neglect the important and give in to the urgent. One of the greatest skills you can ever develop in your life is not only to tell the two apart, but to be able to assign the correct amount of time to each.

Beginning tomorrow, throughout the day, and every day thereafter, stop and ask yourself this question: *"Is what I'm doing right now important to my health, well-being and mission in life, and for my loved ones?"*

—[Denis Waitley](#)



Denis Waitley is one of America's most respected and beloved authors, keynote lecturers and productivity consultants on high performance human achievement. He has inspired, informed, challenged and entertained audiences for over 25 years from the boardrooms of multi-national corporations to the control rooms of NASA's space program. Denis has been voted business speaker of the year by the Sales and Marketing Executives' Association

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With over 10 million audio programs sold in 14 languages, Denis Waitley's CD album, *The Psychology of Winning*, is still the all-time best selling program on self-mastery. To order this Best-Seller or his newest release, *The Platinum Collection* and to subscribe to the free Denis Waitley Weekly E-zine visit his website here: DenisWaitley.com