

Bandwidth



JOE FERGUSON, PhD

PhD Clinical Psychology, Fielding University
MBA, Wharton School of Business

According to historian David McCullough, Thomas Jefferson said something to his grandson along the lines of “It is amazing what you can do *if you are always doing.*” It is amazing what he and some of the other founding fathers accomplished every year of their lifetimes. If you are lucky you may have someone like this to rely on. How much downtime do you want in your own schedule? Most people want weekends off but Thomas Edison never took one or slept more than 4 hours a day. Edison, Jefferson, Adams, Hamilton, and Franklin all had stuff to do and they did it all the time. It is amazing what you can do if you are always doing!

So there you are with 24 hours to kill every day. What do you do with them all? I tell my sons and clients that 20 minutes of serious planning every month will change your life. Most of our waking hours are properly devoted to the execution of routine and most of the rest are properly devoted to our favorite lassitude or the execution of previously established intentions. Suppose you were meeting with your fantasy board of directors or the National Security Council for 20 minutes and that you were able to sway them in some important way. That might have an enormous impact on the world extending well beyond your 20 minute meeting. Planning and analysis can establish the routines and intentions that actually accomplish your goals when you execute them; with unlimited consequences. If you know what you are doing you can relax while you are doing it. Even hard work and hard living don't have to be so stressful. We can do some of that planning in my office. It doesn't have to be psychotherapy. Trust me. Call me.

Concise Personal Counseling

\$150 per 70-minute session

332 Forest Avenue, Suite #17, Laguna Beach, CA 92651
(949) 235-2615 ~ DrJoe@Fergi.com ~ www.Fergi.com