

THE BIG IDEAS

Overwhelm

Focus on the one thing to do.

Drawing Monsters

And watching horror films.

Just Get Into Action

It's the magic formula.

Three Minutes

What will you do?

Taking DECISIVE ACTION

That's what to do when we're afraid.

What's My Next Action?

Always a good question.

End Procrastination

Do what you're procrastinating on.

Flying a Kite

Embrace the wind (aka challenges).

Killing Hagfish

Before they kill you.

Be Proud

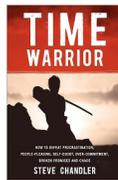
Of your time in hell.

Focus

Like a sci-fi laser.

"The best gift you can give others (even better than the highly overrated "empathy") is to have your own life work."

~ Steve Chandler



Time Warrior

How to defeat procrastination, people-pleasing, self-doubt, over-commitment, broken promises and chaos

BY STEVE CHANDLER · MAURICE BASSET © 2011 · 220 PAGES

"All fear comes from picturing the future. Putting things off increases that fear. Soon we are nothing but heavy minds weighing down on weary brains. Too much future will do that.

Only a warrior's approach will solve this.

A warrior takes his sword to the future. A warrior also takes his sword to all circumstances that don't allow him to fully focus."

~ Steve Chandler from *Time Warrior*

As I said in the intro to my Note on [Steve Chandler's](#) great book *100 Ways to Motivate Yourself*, I'm not sure how I found Steve and his work, but I'm glad I did.

And, since publishing that Note, I've gotten to know Steve's publisher, Maurice Basset, who was generous enough to send me a case of his new book: *Time Warrior*.

If you're into short and sweet, no-nonsense writing then I think you'll love this book as much as I did. It was one of those "read it in a day" treats that kicks you in the creative butt and ups your game a notch or three.

Highly recommend it. (Get it on Amazon [here](#).)

For now, let's have some fun with a few of my favorite Big Ideas, shall we? :)

OVERWHELM & ONE THING TO DO

"In a simple life in which you only do what's in front of you, there can be no overwhelm, ever. That life is yours to create. And it never arrives, it must be created."

Feeling overwhelmed?

Odds are you're spending way too much time thinking about the future and all the things you think you need to get done.

[Byron Katie](#) (check out the Notes on [Loving What Is](#)) puts it this way: "We never receive more than we can handle, and there is always just one thing to do."

So, if you're feeling overwhelmed, quit stressing yourself out.

Pick one thing to do and do it with everything you've got.

(And repeat. :)

DRAWING MONSTERS & WATCHING HORROR FILMS

"I keep daydreaming a scene I'd like to put in a book or a movie. A mad man (Me? Why not?) lives in a mental ward. (Me? It fits.) Each day they let this man into the recreation room. He's in his pajamas. He sits down at the circular table. The attendant gives him a big blank pad of paper

*"Don't create your year,
create your day. Figure out
the perfect day and then live
it. The year will take care of
itself. So will your life."*

~ Steve Chandler

and a box of crayons. He takes out the crayons and draws the head of a monster. He stares at the monster, screams, and runs out of the room.

The whole thing looks funny to the attendant. It looks, shall we say it... insane. The poor mad man is scaring himself to death!

And crazy as that looks, we ourselves do that each day. We use our crayons (our imagination) to scare ourselves instead of to create."

How great is that story? :)

Are you using the crayons of your imagination to draw scary monsters that freak you out?

Well, let's quit doing that!!!

(It really is that simple.)

Here's how [Vernon Howard](#) puts it in his great book, *The Power of Your Supermind* (see Notes):
"A chief cause of unhappiness is what I call mental movies. Mental movies are a misuse of the imagination. You know how it goes. You have a painful experience with someone, then run it over and over in your mind. You visualize what you said, what he did, how you both felt. As awful as it is, you feel compelled to repeat the film day and night. It is as if you were locked inside a theatre playing a horrible movie."

Here's to putting the crayons away and no longer drawing those scary monsters and/or watching that horrible movie!

JUST GET INTO ACTION

"So forget considerations of "happiness" and just get into action. Happiness is something you notice you are feeling later... after you've been in action for a while. It's not something to worry about ahead of time. And don't hold your happiness hostage to the achievement of a long term goal. If you do that, your happiness is always in the future. Always a hostage. And the future doesn't exist right now, does it?"

Action action action.

That's the essence of the Time Warrior.

As Chandler tells us, we need to forget considerations of happiness and just get into action.

This is a theme he hits again and again throughout the book. Another theme he comes back to is the fact that we want to focus on SERVICE.

So, when I read the above passage, I immediately thought of [Viktor Frankl](#)'s extraordinary advice to his students. This quote probably wins the award for "Most Quoted" in these Notes, but it's worth the repetition!

"Again and again I therefore admonish my students in Europe and America: Don't aim at success—the more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself. Happiness must happen, and the same holds for success: you have to let it happen by not caring about it. I want you to listen to what your conscience commands you to do and go on to carry it out to the best of your knowledge. Then you will live to see that in the long-run—in the long-run, I say!—success will follow you precisely because you had forgotten to think about it."

Here's to letting our happiness be a by-product of service in action!

"What can I do in the next three minutes?"

~ Steve Chandler

THREE MINUTES

"Keep your life creative and simple: what needs to be done now in these three minutes? That's all you ever need to ask, and you'll never have anything like procrastination bother you again."

LOVE. THAT.

"What needs to be done now in these three minutes?"

Reminds me of another one of my favorite questions: "Now what needs to be done?"

You procrastinating?

Alright.

What needs to get done now in the next three minutes?

Get on that and watch your procrastination gremlins retreat into the crazy place they came from forever. :)

TAKING DECISIVE ACTION

"Thoughts of fear, dread and the worst future I can picture have me ready to not act. Or, as executive coach Dusan Djukich told a room full of people recently, when he was asked *what should we do when we are afraid*: "Take DECISIVE ACTION and your fear won't matter. Take that decisive action enough times and your fear won't exist any more."

Like me, Chandler's a huge fan of [Ralph Waldo Emerson](#).

So, let's enjoy some Emerson mojo that echoes the above wisdom.

He tells us: "Always, always, always, always, always do what you are afraid to do."

Plus: "Do the thing you fear and the death of fear is certain."

And, I just love this passage from [Dale Carnegie's *How to Stop Worrying and Start Living*](#) (see Notes): "George Bernard Shaw was right. He summed it all up when he said: 'The secret of being miserable is to have the leisure to bother about whether you are happy or not.' So don't bother to think about it! Spit on your hands and get busy. Your blood will start circulating; your mind will start ticking—and pretty soon this whole positive upsurge of life in your body will drive worry from your mind. Get busy. Keep busy. It's the cheapest kind of medicine there is on this earth—and one of the best."

Time to spit on our hands and take DECISIVE ACTION, yo!

WHAT'S MY NEXT ACTION

"An overly empathetic person creates a poor relationship with time and energy. A time warrior does not ask, 'How do I feel?' but rather asks, 'How can I help?'"

~ Steve Chandler

"I learned I can solve all this worry and decision-making anxiety by taking action. By admiring action. By having action plans, by asking, whenever stuck, WHAT'S MY NEXT ACTION? And then, doing that action NOW. Action. Movement. Decisive energy. Solves most everything!"

Stuck?

Alrighty.

Time to ask yourself the all-important anxiety-busting question: What's my next action?

Then do it. NOW.

In fact, if you've been stressed, now might be a good time to ask yourself that question.

What's your next action?

Go rock it. We'll be here when you get back. :)

*" Commitments are things
you keep no matter
what happens to make
them difficult to keep.
Commitments are powerful.
So be very selective when
using them."
~ Steve Chandler*

HOW TO END PROCRASTINATION

"What are the steps I should take to overcome procrastination?"

Do the things you're procrastinating on. Those are the steps I would take."

Hah.

That's awesome.

Seriously though.

What are you procrastinating on?

Chandler tells us to make a list of three things we've procrastinated on. And then to do those things.

Let's take the first step now by listing the three things you've been procrastinating on:

1. _____
2. _____
3. _____

Alright. Step 1 is complete.

Now go do those three things.

(And, repeat whenever necessary. :)

FLYING A KITE

"I can choose to perceive *every* circumstance as an opportunity to grow and stay on my mission. And if this opportunity is also challenging, that's even better. I have a chance to rise up--like a kite rises against the wind.

If there's no wind the kite can't fly. Have you ever tried to fly a kite when there's no wind at all? Have you ever tried to have a great life when there's no challenge? If there's no challenge for me I cannot become stronger. I cannot grow."

That comes from a chapter on the power of perception.

Fact is, as we discuss ALL the time throughout these Notes, it's ALL about our perception. Why not choose the most empowering one?

These challenges? They're what help us grow. The weights in our spiritual gym.

Here's how [Vernon Howard](#) puts it in *The Power of Your Supermind*: "If your grand purpose in life is to wake up, then whatever happens to you is good, for it can prod you into self-awakening."

He also tells us: "If it takes apparent misfortune to turn us into true philosophers and doers of good to receive good, then apparent misfortune is our greatest fortune."

Amen to that.

Here's to embracing the wind on our heroic kite flying expedition, my friend.

KILLING HAGFISH

"To really live now there are two things I want to phase out of my life forever: (1) Resentments about the past and (2) Worries about the future.

*" If you cannot risk, you
cannot grow. If you cannot
grow, you cannot become
your best. If you cannot
become your best, you
cannot be happy. And if you
cannot be happy, what else
matters?"
~ David Viscott*

*“As a cure for worrying,
work is better than
whiskey,” said Emerson.”*

~ Steve Chandler

These two activities, strengthened by repeated indulgence, are like hagfish. Hagfish? Many people don't know what hagfish are, but they are just like worries and resentments.

In the real, undersea world, hagfish are blind, slimy, deepwater eel-like creatures that dart into the orifices of their prey and devour them, alive, from the inside.

Kill the hagfish in your life. Then you can live now and maybe procrastinate later.”

Yikes!

I'd never heard of hagfish before. But that's disgusting.

And, it's quite an appropriate comparison, eh?

Just like the slimy little eel-like creatures that slide into their prey and kill it from the inside, our worries and resentments eat us from the inside-out.

It's time to go fishing.

Let's let go of our resentments from the past along with our worries about the future and enjoy rockin' it in the eternal now!!!

BE PROUD OF YOUR TIME IN HELL

“Drop the drama about your difficult past. Be proud of your time in hell.”

That's awesome.

Chandler is a super funny guy who gets a kick out of sharing his less-than-stellar past filled with addictions and aimlessness.

His wisdom reminds me of Paulo Coelho's gem: *“I don't regret the painful times; I bare my scars as if they were medals.”*

Which reminds me of [Joseph Campbell](#)'s mojo: *“Nietzsche was the one who did the job for me. At a certain moment in his life, the idea came to him of what he called ‘the love of your fate.’ Whatever your fate is, whatever the hell happens, you say, ‘This is what I need.’ It may look like a wreck, but go at it as though it were an opportunity, a challenge. If you bring love to that moment—not discouragement—you will find the strength is there. Any disaster that you can survive is an improvement in your character, your stature, and your life. What a privilege! This is when the spontaneity of your own nature will have a chance to flow. Then, when looking back at your life, you will see that the moments which seemed to be great failures followed by wreckage were the incidents that shaped the life you have now. You'll see that this is really true. Nothing can happen to you that is not positive. Even though it looks and feels at the moment like a negative crisis, it is not. The crisis throws you back, and when you are required to exhibit strength, it comes.”*

Here's to being proud of our scars and train wrecks and time in hell as we rock it today.

FOCUS & SCIENCE FICTION LASERS

“Push my head under water and I experience an increase in energy because I am immediately focused on what I want to do. I want to get out of the water. So I know *exactly* what I want to do.

And any time I know exactly what I want to do my energy increases.

My energy increases the same way the sun's power increases when I take the diffuse rays and harness them and focus them through a simple magnifying glass and let the focused ray of sun burn an old dead leaf like a science fiction laser.

When we *focus* we are joining the energy that created the world. We forget that we can always do that.”

*“Master life yourself.
That's the greatest gift you
can give your children.”*

~ Steve Chandler

As Alexander Graham Bell tells us: “Concentrate all your thoughts on the task at hand. The sun’s rays do not burn until brought to a focus.”

You want energy?

Get REALLY clear on what you want.

Victims spend all their times complaining about all the things in their lives that aren’t going their way. We need to shift to a Creator orientation and the way to do that is really simple: Focus on what you want.

As [David Emerald](#) tells us in his great book [The Power of TED*](#) (see Notes): “One of the fundamental differences between the Victim Orientation and this one [Creator] is where you put your focus of attention... For Victims, the focus is always on what they don’t want: the problems that seem constantly to multiply in their lives. They don’t want the person, condition, or circumstance they consider their Persecutor, and they don’t want the fear that leads to fight, flee or freeze reactions, either. Creators, on the other hand, place their focus on what they do want. Doing this, Creators still face and solve problems in the course of creating outcomes they want, but their focus remains fixed on their ultimate vision.”

How about you?

What do YOU want?

Focus your energy there and take DECISIVE ACTION like a good Time Warrior!

B

Brian Johnson,
Chief Philosopher

If you liked this Note,
you’ll probably like...

[100 Ways to Motivate Yourself](#)

[Loving What Is](#)

[The Power of Your Supermind](#)

[The Power of TED*](#)

[A Joseph Campbell Companion](#)

About the Author of “Time Warrior”

STEVE CHANDLER



Steve Chandler is a consultant, trainer, author, and keynote speaker whose clients include over 100 Fortune 500 companies. Learn more about Steve and all the great stuff he’s up to at www.SteveChandler.com!

About the Author of This Note

BRIAN JOHNSON



Brian Johnson loves helping people optimize their lives as he studies, embodies and teaches the fundamentals of optimal living—integrating ancient wisdom + modern science + common sense + virtue + mastery + fun. Learn more and optimize your life at brianjohnson.me.