

Self-Management: Are you a pause-a-phobic?

Quick quiz, courtesy of Patricia Katz of Optimus Consulting in Saskatoon:

- Are you first to work and last to call it quits for the day?
- Do you scrimp on sleep to find more time for work?
- Do you skip, cut short, or carry over your vacation time and days off?
- Do you arrive late for social events and make excuses to leave early?
- Do you fake attention when others are speaking to you?
- Do you promise key people in your life you'll make time for them soon?
- Does your everyday busy-ness lack meaning and direction?
- Do you repeatedly shunt big opportunities to the back burner?
- Do you have the same experiences repeatedly, without learning from them?

The more times you answered yes, the more you suffer from what she calls pause-a-phobia, a reluctance to give yourself a break. And that costs you, in lack of energy and creativity today, and the possibility of a breakdown tomorrow.