

„Hell yeah!”

or

„No!”

Milada Krajewska

1

1. I always/frequently/ocassionally/never **take on too much**.
2. I need to **free up time** to do the things that matter most to me/my family/my company.
3. I would **be better off** accepting/rejecting **enticing requests** more frequently.
4. I tend to be really bad/good at **wriggling out of commitments**.
5. I have a manageable/ an overwhelming **number of ongoing commitments** at work/in my personal life.

2

**Any rating below 9
is what you get when you know
you don't have what you want,
but you aren't ready to face up to it yet.
A 7 is a **comfortable** option
instead of a **deeply fulfilling** one.
Accept that you want what you want,
and stop living **in denial of** your true desires.
Never **settle for** "it's not so bad"
- and instead face up to
what you really want.**

3

Steven Pressfield had called himself an author for years, but he'd never actually finished a book. He just went through life feeling smug, because he thought of himself as an author.

4

But the psychological pain of not producing kept building until he couldn't stand it anymore. He decided to finally beat that devil he calls "The Resistance".

5

He created a situation with no escape.
Rented a cabin with only a typewriter, and
shut off all other options.

“I had a book in mind and I had decided
I would finish it or kill myself. I could not
run away again, or let people down again,
or let myself down again. This was it, do or
die.”

“I didn't talk to anybody during [that year].
I didn't hang out. I had no TV, no radio, no
music. No sex, no sports. I didn't read the
newspaper. I just worked.”

6

After an incredibly difficult year of wrestling with those inner demons and avoiding all temptations, he did it. He finished his first book. It wasn't a success, but it didn't matter. He had finally beat The Resistance. He went on to write many successful novels. He told this story in the great book "Turning Pro", the third in his series of little books about the creative struggle, including "The War of Art" and "Do the Work".

7

1. How do you feel about Derek`s attitude:

No more “yes”.

It's either “HELL YEAH!” or “No!”?

2. How would you describe his approach to commitments:

*** *highly successful and worth trying?***

*** *too extreme, egoistic and unrealistic?***

*** *highly efficient but not in the long run?***

3. If you adopted this approach, how could it affect your life when it comes to:

*** *your professional commitments?***

*** *your personal commitments?***

8

People often ask me [1]_____. Each time I would type out a reply, describing [2]_____ It takes ages. So earlier this year I added a [3]_____ page to my site. A simple link. Easy to remember. Easy to type.

It's a nice reminder for myself, when I'm feeling unfocused. A public declaration of priorities. It helps me say no, too. When I decline invitations, I point them to that page to let them know it's not personal.

Anyway, today the brilliant Gregory Brown announced that he added a [3]_____ page to his site! I re-tweeted his announcement, and within hours, 8 more people made a [3]_____ page!

I love it! I wish everyone had one!

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