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Subject: Muse, Does This Clutter Make My Butt look Fat?

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MUSE: The Creativity Unwrapped Newsletter

June 12, 2008

Special **Artist's Time Management** Issue: The **Gracie** way

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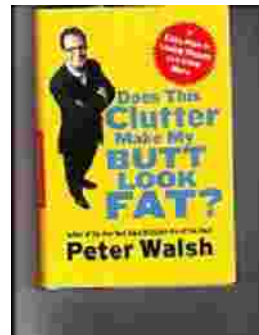
Time Management the **Gracie** way means spending a doggie day at least once every two weeks. If you do only those things you can do with a dog, you will find yourself refreshed and ready for all **the PLAY** you have in your future!

Lots of sleep, first of all--hours and hours, and

then more hours. Then chew on something squishy that beeps. Then try to get on the couch. Do lots of sniffing -- cultivate good smells. Bark at the mail carrier. Sleep some more -- more than you ever thought possible, and NEVER tell yourself you should be doing more!

Time Management the **Gracie** way is so restful, and you, like she, deserve it. Most of nature is at rest most of the time. Have a doggie day!

Does this Clutter Make my Butt look Fat?



Join us for a summer shape up using the ideas in this best selling, **Oprah** recommended book! De-clutter your life, your body (!), and your psyche in this fun, motivating 10-week workshop designed to open up some **BREATHING ROOM!**

Led by Virginia Green, PhD, Psychologist specializing in Disordered Eating, we will use creative inspirations to take the fear out of cleaning up and taking over - in "bite-sized pieces!"

Tuesdays, 12:00-1:30
2100 Sepulveda, Suite 30, Manhattan Beach
or by teleconference. [Click here](#) to sign up!

The Gift of **Delegation**: Your Breathing Room is Someone Else's Income, so **Spread the Wealth!**



I used to be a better delegator, in the days when I worked for corporate America. The days when I had a secretary, an assistant, a staff (and staff meetings), a conference room, an outbox that somebody else emptied...Someone to delegate to.

Now that I have been an entrepreneur for over fifteen years, however, I am "worse" at delegating than I was lo thos many years ago.

I blame computers and the Internet. Like many people (ost of us?), the gift of today's technology is that we CAN o it all ourselves, or at least most of "it." We can type our own correspondence, manage our own files, place our own orders, host meetings from our living room, manage our suppliers all over the world, and talk to our customers 24/7.

Bill Gates could probably do it all too. So could Madonna or Hillary or Obama. And if they did, the press wouldn't be able to get all excited about this or that staffer resigning. Who created delegating, anyway, and why?

Well, as usual when confronted with a perplexing business question, I turn to the CEO of the Universe and ask, "whose big idea was this anyway?"

If God is so great, how come we need **Doctors without Boundaries** to "find out where conditions are the worst--the places where others are not going. That's where we want to be," as they say.

Why do we need teachers, moms and dads, teammates? Why isn't the Universe perfect without our help? Why do we ve to (get to...) be the answer to someone's prayer?

I am not a good delegator because

1. It costs money to delegate, and sometimes I forget and think it's MY money. When I used to work in corporate America, I played with OPM (Other People's Money), so spending it didn't count except in mega reviews and quarterly meetings.

Solution: Remember it's not my money any more now than in the olden days. And God has plenty of money.

2. No one can do it as well as I can. Okay, I recognize that thought. I have been having that since I was born bossy. Ask my siblings. Ask my children.

Solution: Remember that when I delegate, I am giving someone else the chance to show their stuff. I am letting someone else answer my prayer, and to make a living doing that. And, although I think delegating is all about my teaching someone else how to do it my way, I get to find out that my way is usually not as good as the way of someone for whom this task is their passion. As an accountant, I make a great therapist.

3. I am afraid that in the time that gets freed up -- the breathing room -- I will go to the pool hall and dissipate myself with idleness. I will watch The Price is Right, eat pancakes, and wish too hard for a martini. Is this just me, or do some of you feel this way too?

Solution: Get a little used to quiet time. Sit still with your Creator for a few minutes today. Do your morning pages. Walk your dog. Remember that most of your body and your universe is empty space.

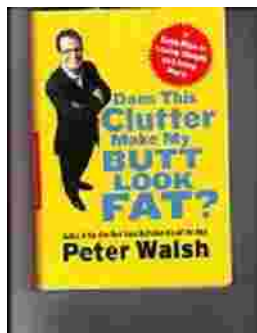
Try creating some breathing room for yourself and your creativity. Do what YOU love to do and let someone else do the things you don't. This is why we are here. We get to share the wealth. Do some delegating today.

Upcoming Events

June 15, 22, 29, 2008



Special Report: Eight Strategies to Turning Your Creative Gifts into Cash: Free Weekly Webinars, Sundays at Noon, Pacific Daylight Time. Contact Us at info@creativityunwrapped.com for conference details.



Does This Clutter Make my Butt Look Fat? [Click here](#) to sign up.

Warmest Regards,



Virginia Green, Ph.D
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