

# Let's Stop Cramming It All In

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- **Feel like you're cramming it all in? Understandable.** We live in an "add culture", where the demands are outpacing our capacity. As a result, we're juggling two systems - work and life - that were never designed to collaborate. Instead, more often than not, they collide. The result? We end up cramming it all in.
- **Uncramming requires subtraction - intentionally editing out what no longer adds value so we can focus our limited time on what truly matters.** It's more than setting boundaries or using productivity hacks. While these can be useful, they often result in packing more into the newly-found time. To genuinely free ourselves and prioritize what matters, we need to subtract.
- **But, subtraction is hard for humans, so we have to get intentional. Our default problem-solving setting is to add.** In fact, we suffer from subtraction neglect - rarely considering it as an option. Without intentional effort, it's unlikely we'll subtract; instead, we'll continue to add and add and cram more in. So, it's crucial to be intentional about subtraction and make a conscious effort to actually choose to remove what is no longer essential or valuable.
- **Subtraction doesn't have to mean complete elimination.** Our subtraction model, S.E.T.S., offers options for subtracting, including striking all or part (S), applying an energy recalibration (E), time reduction (T), or substituting out (S).
- **Don't forget to recognize the nasty, Onerous Obstacles that can get in our way.** These Onerous Obstacles are often present within organizational culture, team culture and in our own thoughts. Identifying and addressing these obstacles is crucial for creating a culture of subtraction.

Activating intentional subtraction in our work and home lives is a journey. At The Difference Lab we enable and accelerate that journey. Learn more about our programs for People Leaders, Teams and other segments [here](#).

Think subtraction first!