



THAT THING WE KEEP SAYING WE'LL DO "ONE DAY"...

Nigel and I talk about the things we keep putting off, what work takes up and what else we want life to include. It isn't about pretending we can ignore the practical bits. It's about asking what deserves a little more room.

Nigel Marsh and I chat about the rest of life, and what we keep leaving for later.

REST IS ALLOWED IN THE PLAN.

01 HAVE WE HAD THIS CONVERSATION BEFORE?

Nigel talks about meeting people years later with the same change still on hold. His own redundancy gave him a moment to stop and take stock.

02 REST IS ALLOWED TO BE PART OF YOUR LIFE.

Nigel questions treating a holiday or yoga mainly as a way to get refreshed for work. What about enjoying the life that happens outside it?

04 MAYBE IT'S THE SIMPLE THINGS WE KEEP COMING BACK TO.

We talk about progress, consistency and the basics. The newest trend doesn't automatically have the answer we're looking for.

03 BE HONEST ABOUT WHAT YOU WANT. AND WHAT'S POSSIBLE.

Nigel talks about recognising when passion has gone, while acknowledging earning a living and caring for others. Both belong in the conversation.

05 DO SOMETHING GOOD. YOU DON'T HAVE TO ANNOUNCE IT.

Nigel challenges me to try an act of service and keep it private. The point is the contribution itself, rather than having a story to tell afterwards.



JUST LIGHT UP THE NEXT BIT.

More useful bits from the conversation, each with one way to use it.

Pick the one that fits your week.

06 IS IT THE JOB OR THE LIFE?

Nigel asks: would the same work somewhere else appeal? If not, a new employer won't fix it.

Try it: Picture your job at a different workplace before planning a bigger change.

08 FRIENDS THROUGH WHAT YOU LOVE

Nigel suggests making friends through current interests, not only work or the school gate. **Try it:** Join an activity you enjoy and get to know one person there.

10 HEADLIGHTS, NOT A MAP

Nigel's headlights only light 100 metres at a time. You don't need the whole future mapped out. **Try it:** Pick the next manageable step and leave the rest for later.

07 PRACTISE GRACE NOW

Nigel suggests practising a calmer response to everyday setbacks. Grace isn't being a pushover. **Try it:** Choose a measured response to one irritation without giving up your position.

09 WHAT WOULD YOU KEEP?

Guests choose granny's scarf, never the Rolex. Meaningful objects reveal what you value. **Try it:** Choose one possession and write why you'd keep it.



GIVE “ONE DAY” A SPOT THIS WEEK.

Life outside work counts.

1 PICK ONE OF THOSE “ONE DAY” THINGS.

Write it down. What's the real constraint, and is there one small step you could take within it? You don't need to pretend the constraint isn't there.

2 GIVE SOMETHING OUTSIDE WORK A SPOT IN YOUR WEEK.

Time with someone, an activity that matters to you, something to look forward to. What would you like to make room for?

3 DO SOMETHING USEFUL, QUIETLY.

Find an appropriate way to help or volunteer. Follow the organisation's requirements, and let the contribution be the point.

ONE THING BEFORE 50. OR STARTING NOW.

Nigel's challenge is to contribute without making it a performance. What could you do for someone else, and keep to yourself?

OVER TO YOU

The part of life I'd like more room for is...

A quiet contribution I could make is...
