



Red Hot Tip From Bruce Sullivan

Time... Or... Quality Time?

The world is busy. Everyone is busy. Our world has become the world of the Red Queen in Alice in Wonderland: "Now here, you see, it takes all the running you can do to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that."

So how do you make sure you are busy doing what matters most in your relationships?

Much has been argued about spending *quality time* with the most important people in your life. Unfortunately, we have used the concept of *quality time* to alleviate the guilt we feel for not being around to spend *time* with our most loved. *Quality time* is great, however I truly believe for a relationship to be Red Hot then it needs *time* as well.

I define *quality time* as being prepared to be emotionally available for 100% of the time you are together. That means you are completely present.

I define *time* as being prepared to be in the same space and when required, being able to make yourself 100% available to that person or situation.

Both are important.

If I take my daughter on a Daddy – Daughter Date then that for me is *quality time*. I am there 100% emotionally available whilst we sip our milkshakes and talk about the day. I am not sitting and reading the newspaper whilst my daughter endeavours to seek my attention.

Just doing time at home might mean I am laying on the couch staring at the ceiling just enjoying the quiet when my wife strolls over and starts to chat about something that is on her mind right now. If I want a Red Hot Relationship, *time* means that right now I will be 100% emotionally available for that moment. Just being there meant we were able to have that conversation. If we were waiting for *quality time*, that discussion may never have happened.

For me *quality time* has some special memories however in my experience, the most amazing, spontaneous and memorable moments have happened because I just happened to be there at the *time*...



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Red Hot Relationships

...you know that Sunday afternoon and both children are downstairs in the rumpus watching and dancing to The Wiggles whilst my wife and I were clearing out old clothes and then...

... you know when you are lying there on the floor and your children emerge from nowhere and you have the most amazing wrestle or story time ever...

Action...

1. How much effort do you put into dating the most important people in your life? Get out the diary and start putting in some *quality time*
2. Whilst you have your diary out, block out *time* to provide the opportunity for life to happen to you. You'll be dead soon...and it would be such a shame to miss this one great life!

We hope you enjoyed the read. If you would like some more information on how to book Bruce to speak at your next convention or workplace seminar please contact Claire on +61 7 3268 3111.

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