



Are We Losing Patience With Patience?

Pursestrings

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Dear Friends

Here's a corollary to the title of this post: Are we limiting enjoyment because we need to have something "now"?

When was the last time you did a "deep dive" on anything – read a full length book, assembled a puzzle that took 15-20 hours, learned a skill that takes years to perfect, saved big for extending your income past your working life because you saw the need and the ultimate freedom in doing so – or any other endeavor which requires significant time to complete?

Do you struggle mightily with your instincts to flit from one thing to another – and back again? Are you even aware that your attention span is pretty short and perhaps getting shorter thanks to your smart phone and the nearly instant gratification of desires these days? Do you even think it is important to "take the long view" and enjoy the build up to receiving that which you prize?

You might be pleasantly surprised if you could escape the "get it now" trap – enjoying fewer things more deeply. Just for a few days, jot down in your smart phone how long you took with successive activities. You might find that you switched activities dozens of times. Could such concentration on the "now" be a really healthy way to enjoy a broad attention span or could flitting from one thing to another be harmful to our ability to accomplish anything truly meaningful? Do you see yourself as always dancing on the surface without really penetrating to a depth which might enable you to expound more completely on whatever you were doing, feeling or thinking?

I am going to dedicate the rest of this day to a deep dive into one or two things. Let's see if I can follow my own advice.

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