

THE ENRICHMENT PROJECT

Badge Program

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Outsource for Life

You've heard of businesses sending projects and tasks to others because outsourcing allows the business to concentrate what it's good at doing. Why not do this for yourself? As time becomes a commodity, hiring others to do tasks for you is becoming a necessity.

OUTSOURCE FOR LIFE

Steps

1. What can't you do?

Make a list of the items you either do not have the knowledge / skill to do or you really dislike doing. Put them in order so you can determine which you are more likely to ask someone else to do.

2. Calculate the cost.

Get an estimate for the job. Then, compare the cost of your hourly wage and estimate how long it will take you to complete. Is it more efficient to have someone else do the work?

3. Best of your abilities.

Make a list of the things you are good at doing. What do you enjoy doing? What can you complete faster than anyone else? These are skills and knowledge you can offer others. You'll be happier doing the things you are good at and enjoy doing.

4. Sharing duties.

Look for things where you can share duties. Many everyday tasks can be done by anyone. Asking someone to share duties with you gives both of you free time.

For example, if you find driving relaxing, what about driving kids one day a week as part of a carpool? A group of five parents means each of you does the task once a week.

5. Trade-offs.

Find others you can trade-off tasks with — each of you doing something you enjoy while getting rid of a task you don't. Make sure the tasks are comparable in regards to time. For example, painting a house would not be equivalent to designing a business card, but doing an entire marketing campaign for a start-up business would be more comparable.

6. Even the little things.

You can even outsource the little things like picking up groceries or having someone shop for clothes if you don't have time. Explore services that others offer that will help you reclaim time to enjoy your life.

7. Concentrate on what's important.

Make a list of the items that are important to you. This might be time with your kids, volunteering for a non-profit organization or taking online courses. Make sure you plan in free time for yourself as well. The items that are important to you are the ones that will reduce your stress. So, by getting rid of the tasks you'd rather not do, you're reducing your stress while increasing time to enjoy life.

8. Local helpers.

Ask friends, look at classifieds or review your telephone listings to find out what services are offered locally to allow you to outsource.



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9. Online helpers.

Search online for help in the form of personal assistants. Find resources to help you outsource your life.

10. From a business view.

If you're looking to run an online site, many small business owners outsource their Web tasks to focus on what they're best at doing. From work on the site itself to tracking social media, there are a multitude of tasks that can be handled by others . . . often outside of the country. See what other people are doing and see if this would work for you.

11. Learn to say no.

People like to help each other. However, you need to be able to say "no" when a project is something that is not a good fit for you. Just because you're willing to help doesn't mean you should help with items that would be better handled by someone else.

12. Minimize your stuff.

Clutter is a definite stress point and time consumer . . . especially when you are constantly organizing and cleaning it. Organize a group yard sale (or equivalent) where you deliver your items to a location and have someone run it for a percentage of the profits. Immediately donate all remaining items.

13. Maximize your experiences.

Today, experiences are what matter. Spending time on self-improvement, vacations and other experiences get you out of your everyday life. They bring excitement and open your eyes to possibilities. Take the time you save by outsourcing and spend it on yourself.

14. Enjoy your life!

Sites to Explore

lifehacker.com/5927677/personal-outsourcing-how-to-get-more-than-24-hours-out-of-each-day

www.huffingtonpost.com/2008/06/25/outsource-your-life-sites_n_109289.html

www.lifeaftercollege.org/blog/2010/06/02/guest-post-how-i-outsource-my-life-to-over-13-people-by-gopi-kallayil

blog.koldcast.tv/2011/koldcast-news/how-to-outsource-your-life

shaggygirl.wordpress.com/2012/03/30/outsource-your-life

www.aish.com/ci/s/Outsourcing_Life.html

www.nytimes.com/2013/11/10/magazine/outsource-your-way-to-success.html?_r=0

blog.andrewcantino.com/blog/2012/06/10/on-lifesourcing

Check out [Iarajla's Enrichment Project](#) to start your own adventure.