

Hack 07



I.C.B.B.
(I CAN BE BOTHERED)

Q) Some run away from it, some put up with it, and some become great because of it. But what is “it”?

A) Hard work

(Y.B)



Ask a teen to do some work or tackle a task, and you might get one of the most common responses out there: *“Can’t be bothered”* or C.B.B.

It’s easy to quit when things are hard, but have you ever heard the phrase, *“When the going gets tough, the tough get going”*? Well, this is the typical mindset that a happy and successful teen has. They get going, persist, and try hard, even when they can’t be bothered. They master the ability to say, *“I can be bothered”* (I.C.B.B.).



Task:

Why do you think so many people fall into this C.B.B. mindset?





David's story



David was an expert at successfully doing very little and managing to get away with it.

During his high school years, he had dodged completing his homework and somehow managed to avoid taking most tests and exams. He didn't see the point in working. The only time he invested any effort was when he was devising clever ways to escape from hard work. Every end-of-year report would essentially state the same thing: *“David is a bright boy who could achieve far more if only he put in the effort”*.

But David was happy. He always enjoyed spending time with his friends, and school life was relaxed and work-free. After all, why do more when he could get away with less?

He coasted along for the next few years after school and then got married, had a child, and got a job. At first, it appeared that all was going well for David; however, it didn't take long for problems to arise. His first boss expected him to work hard and promptly fired him when it became obvious that working hard was not on David's agenda. The next boss had the same problem, as did four more after that. Throughout his entire life, David had been on lazy mode, and it was hard for him to change. By the time I met David, he was a broken man, having quit his last job before they could fire him, because he found it *“hard and boring”* and, remember, David didn't *“do”* hard or boring work. His wife was also very unhappy because he was unwilling to pitch in at home. It was obvious that David's life was spiralling out of control.

Task:



1. What were the short-term benefits David gained from avoiding hard work?

2. What were the long-term consequences of his C.B.B. mindset?
