



JENNY TRYANSKY
PERSONAL DEVELOPMENT COACHING

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Embracing the Joy of Missing Out, On Purpose

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Early in the pandemic, when many of us were still reeling, panicked and frozen with fear over the aspects of life that had changed so quickly, author Dave Hollis posted this on his social media accounts: **“In the rush to return to normal, let’s use this time to consider which parts of normal are worth rushing back to.”**

It was a mic drop moment. I was in such turmoil over the loss of normal life; I hadn’t yet considered that the new normal may offer some eye-opening lessons about what wasn’t working about life as it was.

I’ve held this perspective close ever since, and I’ve offered it to many of my coaching clients.

We’ve missed out on many things since March 2020. And although many people are still justifiably grieving over losses, some have also seen the benefits of being shaken from their previously unquestioned lifestyles, habits and demands of pre-pandemic life. Some have found solace in a new normal.

Many of my clients recognize that their lives were overscheduled, fast-moving, pressurized and too busy before the pandemic. They now have a greater awareness of how instead of focusing on things that truly fill their cups, they were allowing FOMO - the fear of missing out - to drive their choices.

For many of us, pandemic-forced lockdowns and constraints removed the option of being “too busy” and the pressure to say yes to plans and people that we really wanted to say no to. It forced some people’s worlds to get smaller and quieter, and many have found freedom and relief in this.

What I’m hearing often now is that a new fear of ‘going back’ is stronger than the fear of missing out. Many have found joy in missing out - not on everything, but on specific aspects of their old lives that weren’t serving them or didn’t align with what really matters to them.

As the world continues to open up, there’s no reason to believe that things have to go ‘back to normal’. You get to create your normal, or at the very least an updated version of your own personal boundaries. Holding boundaries that preserve what feels good and fulfilling to you will help you navigate the demands of life and work.

The Joy of Missing Out and Tuning In to What Matters

JOMO - the joy of missing out - is not a new concept. It’s been around since 2012, when technology entrepreneur Anil Dash and others began writing about embracing JOMO in a world where technology and social media compete for our attention and play a big part in creating that fear of missing out.



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The website [experiencejomo.com](https://www.experiencejomo.com) is a great resource focusing on the benefits of JOMO as an antidote to tech-induced FOMO. At the time of this writing, a longer version of [their manifesto](#) stated “JOMO is the emotionally intelligent antidote to FOMO. We embrace where we are in life instead of constantly trying to keep up with the Joneses. We choose to be present to our experiences knowing that this moment is all we have.”

When we choose to miss out on purpose, we can tune in and spend our time and energy on activities, experiences and people who are meaningful to us and give us energy, rather than having it sucked away from us in an unhealthy way. What those things are made up of is unique for each person. Choosing JOMO is like closing the curtains to the world ‘out there’ and cozying up to the things that bring joy and replenishment, without guilt or the need to explain or compare.

How to Take Lockdown Lessons Forward

Sure, the pandemic forced many of us to experience JOMO out of necessity. But now, we can take the lessons of lockdown life forward and prioritize our lives accordingly. Looking back, I clearly see how the removal of normalcy helped me sift through the experiences, people and things that I truly enjoy, miss and crave, and the ones I don’t.

We’ve been given space and time to notice what’s good and what really works for our lives, as well as what isn’t so good, maybe even unhealthy or detrimental, and what wasn’t working well in the pre-pandemic status quo.

Some of the joys my clients have discovered include:

- The freedom and relief of not having to plan frequent social activities and overschedule their lives. Many have noticed that previously there was a pressure or urge to pack their schedules, which they did on autopilot but didn’t make them feel good inside.
- A greater understanding of what their kids truly need versus the ‘perceived needs’ they once believed were necessary based on what other families were doing.
- Greater value in one-on-one time with friends and family, as opposed to larger group gatherings where it can be harder to be present and connected.
- The ability to recognize what and who feels comforting in chaos.
- An increase in their capacity to be present when they made deliberate and intentional choices to spend time with meaningful people and activities.
- For extroverts, the peace that comes with more introverted, inward-focused time.
- For introverts, the ability to explore new ways of being social and connected in the absence of being pressured to attend large gatherings and social events.



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- The strengthening of important relationships and the fading away of ones that weren't strong to begin with or felt like obligations.
- Rejuvenation of hobbies and talents, and greater focus on interests.
- Relief in letting go of the pressure to keep up appearances - both our personal appearance and personal space/homes.
- Genuine enjoyment and appreciation of the simpler expressions of love and celebration for birthdays and holidays without the pressure of over-the-top gestures.
- Peace, relief, liberation in a slower way of life.

As things continue to open, we can use these pandemic life revelations to set new boundaries and make different choices. Being more intentional in what you say yes and no to can be easier when you deeply understand the benefits that await you on the other side of that choice.

Ask yourself:

- Through the pandemic, what experiences did I yearn for when they were taken away?
- What experiences did I feel relieved not to have to face or tolerate?
- What/who brought me comfort in the chaos?
- What felt good and filled my cup?
- Pre-pandemic, what was sucking energy from me? What felt like a heavy obligation?
- When I had to be discerning about the risks I was willing to take, what (and who) was worth the risk? What wasn't?

Reflecting like this will help you prioritize differently in your post-pandemic life, and let go of the fear of missing out because you're giving yourself permission to focus on what fulfills you.

Ways to Embrace JOMO

1. **Miss out on mindless scrolling.** Use the reflective questions above to make a list of the things, people and places that you value and find fulfilling. Take intentional social media breaks and spend the time gained leaning into your list. At the very least, ask yourself what your intention is with every post or mindless scroll. Notice what you really need and whether giving your time to social media is going to add or take away from those needs. If scrolling to unwind feels good, choose it intentionally.
2. **Make conscious choices** instead of mindless ones. Start to notice when you're falling into a zombie-like state, and ask yourself if there's something else that you might choose to give your time and attention to that will offer more joy and fulfillment. Be mindfully present in those experiences, miss out on the mindless ones.



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3. **Say NO with confidence and YES based on intuition.** Notice if you're saying yes to please others or because the ask is important and valuable to you. What does the yes feel like in your body? If it feels good, it's a worthy yes. Similarly, if saying no to an invite, experience or opportunity actually feels like a relief, that's your clue that it's likely something worth missing out on.
4. **Meet your FOMO head on.** When FOMO creeps in, look the fear straight in the eye. What are you actually afraid of: Losing friends if you say no to a dinner party invite? Living a boring life if you say no to the social stuff you've been tolerating but not actually enjoying? Not living up to other people's expectations of what 'should' be fun or fulfilling?

Asking ourselves what we're actually afraid of missing out on can help diffuse the feeling of angst and find clarity and confidence in choosing what's best for us.

As we move forward, we need to remember that just because something is available to us again doesn't mean we must choose to go back to it.

Despite the embracing of JOMO, some clients have noticed a gravitational pull to 'resume form' as the world opens up, and that's natural. I encourage them to notice the impulse, and pause to consider if it's pulling them toward something they want to say yes to, or something they're just afraid to say no to. That gut-feel is trustworthy; fear is not.

Which parts of normal will you rush back to? And which ones are worthy of missing out on, on purpose?

ABOUT JENNY



Jenny Tryansky is an ICF-credentialed Certified Professional Co-Active Coach with a **whole life/whole person approach**.



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In her private practice, she works virtually with clients around the world, specializing in working one-on-one with people who are driven yet highly self-critical.

She coaches clients to build meaningful, authentic lives, tackling personal and professional challenges with self-compassion and resilience, as they move forward toward their goals fuelled with confidence instead of self-criticism.

In addition to coaching private clients, Jenny is a writer, speaker, workshop & group leader and mindful self-compassion advocate.

She juggles life in Toronto with her husband and young daughter, and her work with clients around the world.

Connect with Jenny on [Instagram](#), [Facebook](#) and [LinkedIn](#) and read her [articles with helpful resources](#) on her [website](#).

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For a **complimentary exploration call** with Jenny to determine if there's a great connection and fit, send her an email at jennytryansky@gmail.com or connect through her website.