

Can't Find the Time – (Part 2)

Time – it's one of our most precious commodities. We can't add more hours to our days so we try to go at a faster pace, multi-task 24/7, use the latest/fastest technology, yet still we can't seem to fit everything in.

The answer to not having enough time becomes a question: 'How can I prioritize my time so that I can make time for what's important?'

Knowing your core values is important to your happiness because you can use it to help you prioritize your time. Once you know what's important to you, then you're ready for **the next step which is: taking an honest look at how you currently use the time you have.**



Your homework, for the next week or two, is to notice how you spend your time. Notice the amount of time and energy you spend on the top five of your core values. This exercise will help you determine if your actions are aligned with your inner beliefs and values.

When your outward life is aligned with your inner values, then you will feel:

- whole
- at peace
- fulfilled
- happy

If you find that you are not using your time in ways that involve your top core values, then you're probably experiencing:

- discontentment
- anxiety
- frustration

For instance, if you value being *passionate*, yet there is nothing in your life that you currently feel passionate about, you will feel blah. Or, if you value *bonding*, but don't feel close to friends or anyone at work, you will probably feel quite lonely or unhappy.



The good news is that you always have the power to change. **You can change how you use your time and energy, if you want to. You can choose to align your actions with your words/thoughts/beliefs.**

Failure to take action on what you discover will sabotage your happiness. **You must choose to do things differently if you want to experience a different outcome.**

Prioritizing your time is essential to living a full & happy life!