

Can't Find the Time?



Do you find yourself wishing there were more hours in the day? I think we all have wished for that.

What if your wish came true and suddenly you had an extra 6 hours a day – how would you use that time? We'd like to think it would help us get to those things we can't find time for now.

Take a minute and look at what you currently can't seem to find time for now. Finish this sentence:

"I can't find enough time to..."

- get all my work done
- relax or kick back
- fit in consistent exercise
- eat right
- be with my spouse/partner
- spend time with friends
- organize the clutter in my home

You get the idea; this list could go on and on.

If our wish for more time came true, we'd like to think we'd have time for everything on our list. But the truth is that we'd fill those hours with more of what we do now (chores, tasks, work...) and

after a while we'd still be wishing we had more hours in our day.



Well the hard fact is that as long as our universe continues in the pattern it has since life began, we're not going to get more hours in our day. And, even though technology makes some things easier and faster, it won't solve our time dilemmas.

So, the skill of prioritizing becomes essential if you want to live a happy life. Prioritizing starts by checking in with yourself to uncover your core values. If you don't know those, you won't be able to prioritize how you spend your time.

..... to be continued in my next issue