

TIME – USE IT OR LOSE IT

We have all experienced time disappear before our very eyes and the things and people we wanted to spend time on missed out yet again. Time is so precious because once spent it is gone forever. Are you using it as you choose or as someone else chooses?

Do you have people you would like to spend more time with that continually miss out? Is it affecting your relationship now or potentially in the future? How is your health and are you investing enough time in it? Would you like to do something about it?

First step is to work out how you are spending your time NOW. How much time is spent in front of the TV? How much extra time are you spending at work that you could eliminate? What things could you delegate? How much time would this leave you on a weekly basis?

The next step is to set up a weekly plan for yourself. On Sunday each week write in your weekly planner all the unavoidable commitments that you have such as; work, courses, eating, sleeping etc. You should find that you have anywhere from 40-60 hours left in the week. This is heaps!

Next list the things that are most important to you; partner, family, health & exercise, leisure time, creating wealth, improving yourself etc. These are things that should be added to the planner next.

With any spare time add the little things that you choose; watching TV, surfing the net etc.

	6am	7 am	8 am	9 am	10 am	11 am	12 nn	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm
Mon																
Tues																
Wed																
Thur																
Fri																
Sat																
Sun																

With this time what could you create in your life? Is it worth it