

"I don't have time."

How often do you say that or some iteration of it?

"I don't have time" Make it an acronym: IDHT

IDHT is also an excuse, a dismissal, a convenient way out! And the **UGLY** truth? It's a **LIE**!

What does IDHT REALLY mean?

- I don't want to
- I'd rather do _____
- I'm too overwhelmed to do _____

We all know IDHT is a bald-faced lie, yet we give it a pass. What does this mean about ourselves?

We've bought into:

- I've never been good at...
- You don't understand...
- But I don't have time like you do...

ou know what the truth is - it's not just that you don't have time; it's that you haven't made it a priority!

And that's **FINE**- if it's not something you want, something that will create the life you want, the vibrancy you so desperately want.

BUT if you **WANT** the thing you want, you figure it out!

Here's how:

1. **TIME BLOCK!!** Get the sheet and print off several copies. You need a **NOW** one, an **IDEAL** one, and a **REAL** one!
2. **Use the alarms on your phone.** Set one each hour, piggyback some habits - hydrate, movement, even journaling.
3. **Analyze -** Don't get paralyzed. You might not get it **into the** Goldilocks zone; it's possible.
4. **Include the kids and elderly parents if necessary -** Don't use them as a way out.
5. **ASK FOR HELP!!** Hello, we're not here to do life solo!
6. **Swap duties** - kids or parents, with another friend or family member, to get some time alone.
7. **Use your indentured servants for EVERYTHING -** Dishwasher, slow-cooker, Instant-pot, ETC. Put them to WORK! (Don't forget, TODAY is your last day to get our Crock cooker eBook for FREE with any purchase!)
8. **Distracted?** Put your phone on airplane mode or in the other room. Set some rules of engagement!