

If you get what you REPEAT, what are you repeatedly seeing show up in your life? ...This is the clarifying question that warrants a deep dive and some introspection.

For many people, it's a colossal waste of time. We kill time, waste time, and spend it on useless things, not getting anything back in return. In exchange, we feel empty and hollow.

We have to start looking at what is happening with our time and start treating it like a precious commodity. After all, time is the only thing that we can never get back, or get more of.

Think of time as a figurative currency. If you were handed a bag of gold representing the minutes and the hours of your life, what would you put on your expense report? You wouldn't tell the bank, "Oh I spent a little bit here, and a little bit there." You would hopefully have spent it on something that yielded a return, and in the same way, we should spend our time wisely and not squander it.

Where does our time go? If we are going to start redeeming it, the first step is to figure that out. Use our [Time-Blocking Sheet](#) and start with the dark holes:

- Social Media. Is this a bright spot in your day (like watching the Daily Dish Show) or a time-suck (by reading ALLLL the comments in a lengthy argument that had no business on Facebook in the first place? Or worse- adding your 5c to said argument!)
- Games on your phone. Things like Sudoku can give your brain a perk up, but you can also get lost playing Candy Crush for hours on end.
- TV. Binge-watching show after show, especially during the pandemic! What a waste of time!
- Reading. Is that romance novel edifying to you or your heart? Is it creating betterment in your life?
- Your thoughts. Are you living in the past, or with regrets? This is not living a life that is honoring of today or tomorrow, Lovely.

Respecting your time is respecting the life that has been given to you.

Now that you've figured out where your time is going, how do you get it back?

1. If you are chronically late, you are robbing yourself of peace, and robbing others of their time. Create a new habit of leaving earlier. This is how you honor yourself and others.
2. Procrastination is a time-wasting energy thief. Take care of things as they come up - that is part of adulting. Eat the frog first!
3. "No" is a complete sentence. It is protective, kind, loving, and essential if your time is valuable.
4. Multitasking creates an illusion of getting more done, but it really doesn't. Instead, piggyback your habits to be more productive.
5. Track it- what is measured is managed. This can be your food, activity, sleep, or water intake. Science tells us that this works because everything counts. The measuring tape is going to tell you far more than the scale!
6. Planning and preparation are two time enhancers that not only give you back your time and help you redeem it but also help you feel more satisfied with it.

It is so easy to go down a rabbit hole and waste hours and hours of mindless time. Squandering time is unconscionable- you will never get it back! We need to cut to the chase and stop wasting this precious, God-given commodity. We need to start using our time wisely, and spending it on things that create betterment in our lives.

Use accountability apps, calendars, planners, and trackers. And don't forget your Body Clutter buddy! One thing that has really helped me is looking at what I need to do the next day.

Your time is incredibly precious, and it's time to be mindful of it!