

The lie of "not having enough time" can significantly impact us in various ways, including physiologically, psychologically, and in the way we manage our daily lives.

I want to talk about this today because I found myself saying this just today and know that this notion of "not enough time" isn't just a lie, but a knee-jerk reaction to doing something I don't want to do!

I bet you can relate.

To start with, the research tells us when we say this to ourselves, we're impacting our physiological state as well as our psychological state.

Let's unpack all of that.

### 3 BIG Physiological and Psychological Effects of Telling Yourself You Don't Have Time.

1. Increased Stress and Fatigue: Constantly feeling pressed for time can lead to increased stress and fatigue. This state of ongoing pressure and stress can negatively affect mental well-being, leading to feelings of depression and anxiety. Sound familiar?

2. Compromised Sleep: Many people sacrifice sleep to tackle their daily tasks, believing that reducing sleep will lead to increased productivity. However, this often results in various negative consequences, including compromised bedtime routines,

reduced exercise, and a general lack of sleep satisfaction. And even if we DO go to bed at a decent hour, we can often toss and turn, staying awake or with less than satisfactory deep sleep because we just can't turn off our brains. (this is me!)

3. Reduced Life Satisfaction: People who constantly feel pressed for time report a negative impact on their life satisfaction, health, and productivity. The perpetual race against time can diminish the overall quality of life, making you feel more like a hamster on a wheel and less like a human with a beautiful life to lead.

So How Do We Address This?

1. Enjoyment and Passion: Engaging in activities that you find enjoyable or are passionate about can make your day feel less busy and stressful. If your schedule is packed with activities that keep you engaged, you might not feel as overwhelmed.

2. Managing Inner Conflict: Aligning your goals and seeing them as supportive of each other can help ease the feeling of time pressure. This alignment assignment can create a more harmonious and less stressful experience in managing your daily tasks.

3. Gaining a Sense of Control: Feeling in control of your schedule can significantly reduce the sensation of time pressure. Taking active steps to manage and structure your day can help you feel more in control and less overwhelmed by time constraints.

4. Reassessing the Value of Your Time: Understanding the value of your time and being mindful of how you spend it can be a crucial step. Being aware of the activities that truly matter to you and prioritizing them can help alleviate the feeling of being constantly rushed.

To improve this situation, it's important to prioritize personal goals and manage your time effectively.

Establishing a consistent routine, daily rituals and setting clear boundaries can optimize daily schedules and promote a healthier work-life balance. This approach involves consciously choosing which tasks to prioritize and learning effective time management strategies.

Here Are Some Practical Examples:

- **Setting Priorities:** Choose to prioritize tasks that align with your personal and career goals. This might mean saying no to certain obligations or reevaluating how you spend your leisure time.
- **Routine and Boundaries:** Establish a routine that includes time for work, rest, and leisure. This could involve setting specific work hours, regular breaks, and designated family or personal time.
- **Engaging in Enjoyable Activities:** Include activities in your daily schedule that you find enjoyable or fulfilling, even if they seem unrelated to your primary goals. This could be hobbies, exercise, or social activities.

Meditation, journaling, gratitude and purposely noticing are simple things to bring to the table and will help immensely.

When I said the other day, “I don’t have time!” it stuck out like a sore thumb—and the only reason why (I believe) is because of my daily rituals of meditation, journaling, etc.

Your daily self-talk matters—notice it.

Your daily gratitude opens your heart—practice it.

Your journaling brings all of this to your attention—write about it.

Life is too short to walk around perpetually complaining that you don’t have time.

You have the same 24 hours I do and everyone else on the planet does—evaluate, analyze and change the things you can.