

*Time is on my side, yes it is*

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(Bonus points if you remember who sang that!)

Yesterday on the Daily Dish Show, we spoke about time and how it truly is always on our side.

We are not promised tomorrow, but we are here today and we get to choose how we spend it. When my father passed away, time distilled for me and I realized that there was so much more to life than burning the candle at both ends. Sometimes it takes a tragedy to fully realize how precious the gift of time is.

Do you truly appreciate your time - this today that you've been given?

If not, how can you start?

Begin with focus. If you don't know where your time is going, you don't know where your life is going. Use our free Time Blocking Sheet to help you reclaim large chunks of time and find your patterns. Are you spending hours and hours scrolling through Facebook or playing Candy Crush?

Create a list of things to do for the day. Which are most important?

Put the BIG rocks of your time in the jar first. Get the important things done before trying to tackle the less significant tasks.

Have a Plan B for interruptions, but minimize them by choosing a timeslot wisely. Give yourself (and your interrupter!) grace.

Multitasking? No! Piggybacking? Yes! None of us are efficient multi-taskers, but we can be successful if we piggyback a new habit onto an existing one.

Review your day for wins, and make corrections as needed.

Use your rituals, they are your bookends for the day. (Our TBYL Journal helps you create morning and evening rituals if you need help with this!)

Timers are primers for getting it all in. Set yourself regular alarms on your phone to remind yourself to hydrate, exercise, or switch tasks.

Take a break! Give yourself time for tea, exercise, a walk, or something else that you enjoy.

As a BONUS piggyback, use your I AM mantra and gratitude to CREATE new beliefs.