

Are you a time-waster, or do you value the precious minutes and hours in your days?

We use cash as an exchange system, and we are used to spending dollars in exchange for goods and services...but are we the same with our time?

What are we getting back in return?

We can either view time as an investment where it adds value, increases our knowledge, or helps us to better ourselves and our future (for example, by taking our supplements and eating healthily)

Or...

Time can be seen as an expense - frivolously wasted, causing guilt and even shame, numbing us and causing complaints (for example, us saying it's too expensive to eat healthily, but then frequenting the fast food drive-through several times a week)

Ownership of anything requires responsibility:

- Pets (did you know that 35% of dogs don't stay with their original owner?)
- Cars. We have to service them, rotate our tires, and replenish the oil (I told you about my Pinto story!)
- Houses (just watch HGTV Flip or Flop to see what I am talking about!)

Our time is no different.

The contrast between being responsible and not is dramatic and consequential.

So how do we - keeping all this in mind - ultimately and wisely manage our time?

1. Become a boundary setter. Respectfully and rightfully saying NO is both freeing and honoring to ourselves and our families. The word NO is a complete sentence, BTW!
2. Set priorities based on investment, not expense - but be careful, they can be both! For example, a restaurant is an expense but date night is an investment in your partner/spouse/relationship.
3. Stop multitasking! With the exception of using your indentured servants all at once, one task at a time will bring the best results and ultimately use less time.
4. Plan like it's a wedding or special event. Goals are made and accomplished when they are planned for because they get broken down into doable tasks.
5. Focus and flow. Focus creates expansion, and this makes way for flow. When we are in the zone, we are fully productive with our time.