

What is time anyway?

There are 3 quotes with 3 profound truths about time:

1. "Time is what we want most but what we use worst." - William Penn.

We want more time, but we don't honor what we've been given and we fritter, kill and waste it.

2. "Time is a created thing. To say I don't have time is to say I don't want to." -Lao Tzu.

I don't have time is an excuse and possibly a truth - the time left hasn't been allocated correctly.

3. "Work expands to fill the time for its completion." - C. Northcote Parkinson (AKA Parkinson's Law)

We often find ourselves being late or barely meeting deadlines instead of finishing early. Why do we do this?

We know how valuable our time is, but how do we then redeem it?

1. Schedule the big stuff - including self-care, workouts, and anything else that is a priority.

2. Use a timer or alarm on your phone to get the little things done. I use my alarm daily to remember to hydrate and do my flights of stairs.

3. Block time for specific projects.

4. Shorten up your meetings, emails, etc.

5. Be the tortoise, not the hare. Just a little will get it done. Remember, weight loss is a marathon, not a sprint. (But "Sprinting" certainly helps! 🤪)

6. Accountability. Support your Body Clutter Buddy and allow her to support you. If you need a Body Clutter Buddy, look for the BCB post in the Hot Melt Sprint group. (It's in the Announcements!)

7. Remember the ROCKS first. Get the big things out of the way first, and prioritize your time before filling it with the little things.

Awareness is always the first step. I love my morning and evening rituals, checklists, and using a timer so I don't leave anything out.