

Where Has All The Time Gone

We live in a busy society. We may have demanding jobs, children, families and many other "important" things that Hoover up all of our time, and before we know it, Christmas is looming once more and we're muttering about another year just passing us by.

How many times do you say, "I'll read that book later when I have more time" or "I'll finish listening to that audio program when I have more time" or something very similar?

You may want to create the life of your dreams, but it just seems so very difficult with so many other things that just have to be dealt with. You may not have the time to spend an hour a day meditating and an hour a day working on your personal development and an hour a day working on your business. In fact, for some of us, we're lucky if we can even find time to sleep!

However, the key is not to spend time "doing" personal development work, but to just do it!

This means live it; make it a part of your life; something that you do every moment of every day in everything that you do with everyone that you meet.

You can sit on the bus or train to work, close your eyes and work on releasing emotional blocks. You can become aware of what people are reflecting back to you about yourself in your conversations and interactions. Being aware of your problems brings you much closer to changing them.

You may want to find more time to listen to audio programs or some of my hypnosis CD's. My hypnosis CD's you can put on when you go to bed to listen to. You don't need to use headphones to listen to them, nor do you have to be awake. The subliminal versions can be listened to anytime, even when you are working and doing other things; so you can still get the benefit of the programs.

For spoken word programs, what about listening to them on your commute to work? Or if you spend your evening sat in front of the television, turn it off and put one of these programs on instead.

Look at how you are using your time. How much of what you are doing is constructive and something you absolutely must do right now? Are there times you are not doing constructive things? Could you combine activities, for example, watch the television whilst doing something else working towards your future?

Everyone promotes their own time management system. Have a look at a few of them, try them and find something that works for you. This could even be a combination of different systems. It doesn't matter so long as it saves you time, keeps you organised and helps you to get things done.

At the end of the day, you need to decide what is most important in your life.

Is it more important to do the ironing right now and make sure you don't miss the latest episode of your soap opera?

Or is it more important to sit down and spend some time planning and working towards creating the life of your dreams?

Working on changing your life can appear to be very daunting, particularly if you are not in the best of places to start with. You look at everything that you want to change and want to deal with and wonder where on earth you are going to start.

In these cases it is best to "chunk" down the tasks and the goals you have in mind. This means break the big goal into smaller chunks, or take baby steps. Take it one step at a time, and before you know it, you will be where you want to be.

How many people get to their old age and say, "I wish I had spent more time at work" or ironing, or watching soap operas, or ...

So what can you do to find more time

Look at what activities you are engaged in and decide which you can cut out for the sake of creating the future of your dreams. Combine some activities so you are doing more than one thing at a time

Focus on what is important to you. Is half hour in front of a soap opera more important than a half hour working towards your future?

Prioritise creating the life of your dreams

Right now, stop saying, "I'll start tomorrow" or "I'll sort that out when I have time" or "I'll deal with that later". It's never going to happen; never going to work. Just do it and make it happen right now.

The perfect situation for change will never happen. You will always find distractions, excuses and reasons not to make the changes or take the action. You can spend many miserable years waiting for that perfect situation and you know what? There's never going to be a perfect situation, only the now.

As the advert for the trainers say, "Just do it". That's what you need to do too. Stop planning, putting off and thinking you'll do something when you have more time. Just do it today

"We are all born with the same amount of time. Nobody will ever get any more than 24 hours in a day; nobody will get more than 365 days in a year. It's your choice whether you will use this time to create an amazing life or fritter it away uselessly. It is this choice that makes the achievers stand head and shoulders above everyone else. What's your choice? Jason E. Johns

"Plan your work for today and every day, then work your plan" Margaret Thatcher

"Look to this day ... for yesterday is but a dream, and tomorrow is only a vision. But today well-lived makes every yesterday a dream of happiness, and every tomorrow a vision of hope." Sanskrit

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About the Author

Jason E. Johns is a personal success coach with a wide portfolio of products and services to help you create your dream life. Discover more about how you can become more confident, achieve your goals and much more at his self help website, <http://www.SanjoPublishing.com>