

Time Management

Time is relative. The way we experience time is dependent on how we think about it. This is proven when sometimes, time seems to go fast and other times it seems to go slowly. The best way to manage your time better is to **plan everything**.

3 Tips to Plan Better

1. Stop resisting planning. Instead, embrace it.

There is something inside our brains that resists planning. We resist making decisions ahead of time. But, the more you plan, the freer you will be. The more you plan, the more you will be able to deliver yourself the results you want. You will feel so much more in control of your life.

2. Choose to Honor your Commitments to Yourself

Some of you don't plan because you have a hard time following through. You figure if you don't make any plans, then you won't set yourself up for disappointment. This is not an issue with time, but an issue with honoring commitments to ourselves. When you start running your life as if you respect and love yourself, it shows up in every other area of your life. Give it a try!

3. Planning Saves Time...ALL the time

Have you ever realized that you've lost time by not planning ahead? You can do the opposite too! You can make time by planning. When you plan something like, "I'm going to work on this thing for an hour," and then you honor that plan, you have used that time so efficiently that you then give yourself an hour of time to relax. Many times, when you don't plan, it takes you two hours to do the same thing because you haven't thought of it ahead of time.

There are two main things I have found that create time:

1. Deliberately plan ahead of time how to use your time.
2. Make decisions firmly

One of the biggest wastes of time, is indecision. This could be either indecision before you've made the decision, OR indecision after you've made the decision.