



MISSION Impossible

One of the most common challenges I hear is time management. I find this interesting especially when I look at all the “self help” out there about time management.

Experience more freedom and confidence -- learn how to take control of your life and achieve your goals more quickly, more easily and with greater results!

It's time to live life *your way!*

Really? If you think about it – it’s simple! We all start with the same amount of time each day – it’s how we choose to use that time that makes the difference.

Yet I see everyone using all kinds of time management tools and techniques. Planners, calendars, time studies, activity logs, to-do lists, self motivation, prioritizing and I could go on but, I won’t ... Mission Impossible.

Here’s the secret: You can’t manage time – you can only manage yourself.

If you don’t consciously choose how to spend what precious time you have in your life, you lose it – to mundane tasks or to meeting other people’s expectations. Your own dreams – those that bring meaning to your life – never see the light of day.

You see, most of the time, the problem with time is not time, it's us and how we use and abuse this most precious and perishable resource.

If we really haven't got enough time to achieve what needs to be achieved, that's a resource issue and we should sort it out accordingly but, don't blame time.

What we have to manage is ourselves and our use of time. This nearly always boils down to improving three key things:

1. How and what we prioritize
 - a. For prioritizing you should apply the 80/20 rule. About 20% of what you do every day yields about 80% of your success. So, prioritize that 20%.
2. Our habits and how they drive our behavior

- a. Why do you do the things you do? I don't know.
3. Our self-control/discipline/determination
 - a. This one to me is the most important however all three of these points means change you have to make. See the issue is within YOU, not outside of you in some crazy external force.

What is Self Control?

- Gaining control over your instinctive or acquired behaviors and your attitudes that are detrimental to your well-being.
- The resistance we put against temptations to fall back into old habits that were self-defeating.
- The foundation in the advancement of civilization and it's directly linked with success. When you have gained self-control, they say you have obtained your Masters Degree for Success.

Why is Self Control Important?

In our everyday life, we all have to face situations where we are often tempted to act according to our gut instinct, setting aside the use of our cognitive functions. You know, to blurt out how you really feel or to act impulsively without thought. Self-control *enables us to react like a rational human being where the mind prevails over our instincts while having better emotional responses to particular situations.*

Self-control builds up your self-esteem, which is also one of the critical success factors.

How do you develop self control?

Developing your self-control requires nothing more than the intense desire to do it.

Those of us with time management issues usually are focusing too much on the details of the process and forgetting the ultimate goal. So by focusing more on the big picture and how each decision, choice or activity will contribute or detract from that goal provides a basis for greater self-discipline.

The best day of your life is the one on which you decide your life is your own. No apologies or excuses, no one to lean on, rely on, or blame. The gift is yours - it is an amazing journey - and you alone are responsible for the quality of it. This is the day your life really begins. ~Bob Moawad