

Where Does All Our Time Go?

Julie Hryniewicz-Hache -- Thursday, March 1, 2007, 11:08AM



Talking with my sister the other day, she indicated that my articles are apparently longer than her time and attention span - as such, I have decided to make my submissions for this column shorter. Shortening the articles is also a wise decision for me anyways because it seems that I don't have the luxury of the same amount of "free" time that I did when I started writing this column.

As I look out my home office window at the gorgeous sunny day, I realize that I haven't been outside for a snowshoe on our property yet this week. Where does all the time go? This last week has been filled with my passion for speaking and sharing life improvement information with others - it's a good thing that I have

a valid excuse because my house is in shambles, I have laundry piled four feet high, and I don't think that my bed has been made once since last Thursday!

The obsessive-compulsive tendency of my former personality would be freaking out at this state of domestic affairs and yet today, I know that my value to the world is not measured by the amount of dust I seemed to have collected on the stairwell! I am keenly in tune with my desires, my enjoyment activities, my mission in this world, and the fact that domestic chores are now extremely low on my list of priorities. I chose to focus my time on things that I am passionate about and that will add the most value to the lives of other people.

Each and every one of us is given the gift of exactly the same number of hours in every day. Most people feel that their days are mundane, repetitive, exhausting, and full of one endless obligation after another, while others may clearly understand that the quality of their days is in their hands. As adults, we are completely in charge of and responsible for

how we spend our time.

You are the manager, president, and CEO of your life - if there is something that is causing you to feel out of sorts, then you are the only person that has the ability to make positive change. Look at where you are spending your time and energy and figure out if there are any low-value activities that can be eliminated or reduced to provide you with more time in areas that would bring you more joy.

Without having to change any of your circumstances, you can also instantly view your situation from a different perspective - noticing all of the things you are grateful for, all of the benefits of spending your time the way you are, and accepting that you are in control, will instantly change your energy, your outlook, and your mood. Life is too short to feel stress when you are the one calling the shots. I'm off for a snowshoe; the laundry can wait! Have a great day everyone...

"The buck stops here." Andy Andrews (Decision #1 in the 7 Decisions of Success from his book "The Travelers Gift")