

The Concept of Time

Take more time out to enjoy life

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into manageable tasks, and then starting on the first one."

- Mark Twain

At one time or another we've all been struck by the importance of time, and often left wondering if we'll have 'enough time' to do everything we want to.

Have you ever noticed how some people use time so well and others don't? We all have different styles of learning and doing. The point is not to beat yourself up, but to become more aware of how you use your time. It's not necessarily about doing more, but managing your time wisely. Figure out what you are not doing and find a way to improve it. Sometimes just doing one thing differently is a good way to build momentum. Take a course in time management, get organized, make realistic lists and focus on doing one thing at a time, set up reward systems, learn what time of day you are most productive and then prioritize, learn to say NO, delegate and learn to ask for help.

Also, look at what holds you back. Typically procrastination and lack of purpose are the two evils. We procrastinate when we're overwhelmed and a task seems to daunting to tackle. We also tend to drag our heels when we are bored, not engaged or uninspired. When it comes to managing your time more wisely, the question you might need to ask is: Am I doing what I love and is meaningful to me? You may or may not like the answer but that's ok. It's a starting point and can help you get more clear on the more important question: What gives my life meaning, purpose and fulfillment?

Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

Amy can be found on fastloop as "[ABC815](#)". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.

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