



EMPOWERED LIVING NEWSLETTER

Positive Strategies for Creating an Empowered You!

Are You a Time Chaser?

We've all heard the expression 'Time waits for no man.' Well, most of us are so busy chasing time that we don't have a moment to spare to wait for anything or anyone. We have our days packed tighter than a commuter train at rush hour. Wondering how we're supposed to juggle it all.

You won't find a more common complaint than the lack of time. We ponder how to find more of it, how to use it, how to avoid wasting it, how to manage it in others and even wish we could make a 24hr day stretch to 30.

This article isn't going to give you another time management system to consider. Since there are literally hundreds of methods you can draw upon, I'll leave you to do a little research to find one that works best for you. No, this article is going to help you find the *source* of more time. Read on, I'll explain:

Time – whether measured in long, luxurious stretches or blink-of-an-eye moments – is only part of what we need to make progress toward our goals and dreams. The other need is focus, the ability to concentrate on just a few activities or ambitions.

Now, some may be thinking they are already masters of prioritizing their schedules. After all, you do a pretty good job when you're at the office. But there your choices are dictated by deadlines and institutional priorities. Away from work you may have even learned to say 'no' to things that didn't seem important, but not to things you wanted to do. There you may have scribbled long list of things like: classes, monthly message, volunteer work, trips, playtime, dance, landscaping, painting that wall or remodeling that room. There are an abundance of options and I'm sure you can come up with at least 10 more projects that are ricocheting around in your head at this very moment.

Here's the secret to finding more time...you ready? Instead of fantasizing about doing all the wonderful things you can and want to do, turn your attention to the few that would bring you the most satisfaction. You

may be afraid of letting things go from your list, especially things you want. But the big part of learning to focus is saying, "Yes, I have all of these choices and I feel pulled to do all of them, but I'm going to tell myself 'no'. I'm going to be willing to give up good for great."

We're afraid that by crossing something off our lists for now means we'll never get around to doing it. But the reality is some things can wait. You may even find that some of the projects you've come up with don't interest you as much as you originally thought they might.

If you're like most people, you may even have trouble figuring out what to focus on in your precious spare moments. Here's a paradoxical solution; slow down and stop trying to accomplish anything at all. Boredom can be a very useful thing to schedule for down time. In the space of doing nothing, you get a sense of what's really important and what you want to focus on.

If you still find yourself too flooded with fantasies, try zeroing in on just one, even if it feels like an arbitrary choice. In time, it will let you know if it's the right one for you.

If you're time isn't always your own and you get interrupted throughout your day, those moments can be irritating even if they are trivial.

One solution is to anticipate and plan around interruptions. Don't be shy telling people in your life when you need an undisturbed hour or evening. Great advice, you say, but sometimes hard to do without feeling you might hurt the other person. What then?

Another secret of using time and focus effectively, is to learn to be present with whatever is going on, moment by moment. Stress comes from resisting what's happening right here, right now. Let go of the resistance and you let go of the stress, freeing yourself to focus more clearly. And when you're present and focused, you feel flooded with creative juices and guided by an almost magical force.

You may not create a 30hr day with these ideas, but certainly narrowing your scope will support you in keeping your focus. And staying present in the moment will somehow make those minutes and hours seem to expand into all the time you need.

To your success,

Coach Christine

Bio:

The author of this is Christine Silvey. As a Certified Life, Career and Personal Development Coach, Christine is passionate about empowering YOU to actively create exactly what you want for yourself and for your life without struggle! To find out more about coaching or to contact Christine, please go to <http://www.empoweredyou.com>

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