

evolve

by Jennifer M. Blair

TIME IS ON YOUR SIDE

Do you have enough time? Are you always trying to manage your schedule so that you can squeeze a little more juice out of the few extra minutes and hours in a day? Do you feel like your schedule is driven by the demands of others, or worse, unrealistic expectations you hold for yourself? Do you have the need to know all of the answers now?

In thinking about writing this column about time, I considered sharing with you time management techniques, yet decided organization is only part of the problem. As a Life Coach, I often hear about my client's frustrations over not having enough moments to do the things they really want to do because they have so many other obligations and demands. They are in a hurry to do more, be more, achieve more; have fewer occasions to do it; and engage in more distractions than ever. They want to find answers quickly to resolve problems, to understand each other, and to know the outcomes, yet do not understand how time can work for them, not against them.

In my Life Coaching practice, I focus on helping people understand that time really is on their side. Hours can not be added to their days, but they can make better choices on how to use time and see it as an asset. By accepting a more natural flow to their lives, learning to prioritize what is really important and being patient with the outcomes, individuals can create a trust in the rhythm of nature and discover that there is perfect timing in all areas of life.

Time is on your side, so breathe and relax into your life. Discover what is most essential to you and then use your time to create more peace and harmony; more space to do the things you really want; and more connection to the people you love and care about. Here are some suggestions for developing a new perspective on honoring and managing your time...

FOUR TIMELY HABITS TO INSTILL...

1. Create "Real-time" Expectations - Be realistic and learn to break down greater undertakings into smaller increments. Don't delay starting projects because you think you need a large block of time. Expectations and worrying about how much time something will take can eat up a large chunk of your day, or even week. Every year I fret about gathering my tax information, thinking it will take an many hours to compile, when in actuality, it only takes a couple of hours. So, get started and just do the task.

Exercise to try - Take a task or chore and devote only 15 minutes per day, no more, to see how much you can accomplish. Review your cumulative progress in a week or month.

2. Trust Your Internal Clock - Listen to your own intuition and be in charge of your time. Stop letting your watch drive you, and re-learn how to let life flow naturally and easily. Not having electricity for several days allowed me to re-set my body. I went to bed when it was dark and arose when the sun came out, and I felt so rested. Trust that you will know what to do and when.

Exercise to try - Give up your watch for the day and trust your internal clock to get you wherever you need to be. Start on the weekend if that is easier.

3. Develop Discernment with Your Time - What is it you are REALLY trying to accomplish? Are you doing the things you want to do, or are you following a long list of things you think you should be doing? Be wise with your time and consider who you give your time to and for what reason. I allow laundry to pile up if it means I can spend time with a friend.

Exercise to try - Create a "Yes, No and Maybe" list. Decide who and what you will say yes to; and who and what you will say no to.

4. Understand Divine Timing - Over time, the missing piece of the puzzle or the right person will always be revealed. If you push for something when the timing is not right, then you might miss out on something better than what you had wanted in the first place. Practice patience and allow for everything to work out perfectly. My business grew when I was ready to accept the responsibility.

Exercise to try - Create a God Box. Write down your questions and put these into a special container and let go of the thoughts. Allow God, the Universe or your particular belief system take over. You can refer back to it later to see if anything has been revealed to you.

COACHING QUESTIONS TO RE-CLAIM YOUR TIME:

1. What would you do with more time?
2. Is your deadline real, or did you make it up? Or is there something on your list that can be moved to another day?
3. Describe your perfect day, week or month.

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