

## I have no time

You had a lot of work to do today! You woke up early in the morning, spent time on your way to work, lots of job-related things to take care of, official papers, invoices, phone calls, driving, bureaucracy.



When you got home in the evening, you have little time left for yourself. You need to do the laundry, to pay your invoices, to meet with someone and give him something. Then you need to spend some time with that good friend of yours.

Maybe tomorrow you'll be able to take good care of you, maybe you'll do some jogging and fitness. But you can't do that today, it's been a busy day already, there's nothing you can do about it. Nope, nothing.

You would like to go out for a beer today, but you have no time, especially because you're tired and you need to go to work tomorrow, or school. No, maybe another time. For the rest of the day you want to just surf the net and check the news.

You would like to do a lot of things, but it seems there always something else that comes up. You would like to follow your passions, but you have no time for that, what can you do... You would like to hike on a mountain, to visit a new city, to write something, to see a movie at the cinema, to have a lot of inexpensive activities. You would even like to look for another job, to start sending your Resume. You would like all that, but guess what... you have not time! This hypnotic dance is ongoing and keeps growing insanely fast.

I know you have a lot of things to take care of and you still believe life is hard. I know you have a lot of stuff to do at work and you get home very tired, I know that school has taken a big chunk of your life and your home-related activities are using up your time, I know you would like to do many things with your life and you keep lying to yourself by sharing the same hypocrisy: "I have no time".

And obviously, after a few years, you would start lamenting: "where did the go? When did I get this old? There were so many things I wanted to do, but now it's too late..." And of course, by then you will say you have no more time to do all that, because it's already too late. You wish you could turn back time, but how about if you just start using your time wisely starting now?!

You can keep lying to yourself and everyone else as much as you want, it makes not difference. What matters is that every second you spend not doing what excites you the most, is a wasted second. Now start counting all that wasted time and see how much time you've lost.

What useful thing for your life did you do today? How about yesterday? How about tomorrow? Don't keep on reading this, stop and answer yourself. There will always be something to do, you will always be too busy, or tired or bored, there will always be one more thing to do, one more distracting task and you will keep fooling yourself with the same lie. Time doesn't really exist, you can't create or destroy it, but you can definitely waste your time in this physical form by investing too much time in the never ending stream of things that you choose to keep yourself busy with.

Isn't it obvious how fast you're getting older? Isn't it obvious that everything you would like to do but you choose to ignore, will always haunt you and they will continuously build up as regrets? Isn't it really stupid to say you have no time for love, for life, because you're too busy at work? It's really interesting how investing time in something you are really passionate about, seems to always create enough time for you to keep doing that.

You don't act and just limit yourself to wishful thinking, obviously you'll think there is no time for passion, nothing you can do about that, you can't really create more time... And there is that saying: "there's only 24 hours in a day." And what if there were 65 hours in a day? What would you do differently? Let's relocate to the North Pole and have months of continuous days, maybe then we would find enough time to start living. If you don't resonate with what I'm talking about here, then I congratulate you! You can then inspire people on improving their time management.

The idea "I have no time" is the biggest lie I hear repeatedly. After all this time reading here, you know deep in your own heart that there are so many things to do and see, but you keep holding back in your comfort zone, which prevents you from having any constructive and real action, simply by saying there is not enough time to do all those things.

I wrote this article after 9 hours of continuous work, during which time I was busy every moment, with only one toilet break and I did not have any lunch. I also managed to cook dinner at home, to keep working on my website, chat online, a few quick physical exercises (especially push ups and abs), had a bath, listened to some music and started watching a movie. And surprisingly, they all fit in the same day easily, it was just a normal day.

I'm not telling you this to brag about it, but only as a simple example that it can be done. You can do so much more, if you create a habit of doing more with your time. If you always function on the premises of thinking you don't have enough time, you will always be right about that. If you choose to believe you can also do other things in the same day and will take action on that thought, you will shockingly realize you do have enough time after all. But this means you really want that change and will be willing to commit.

I could say the notion of time is implicitly related to discipline. You would like to be happy, to live a balanced life, but you don't have enough time, you're too busy wasting your time!

What do you think?