TIME
time
/tīm/

To plan, schedule, or arrange when (something) should happen or be done.

Time is very valuable, and it is something that you cannot turn back. Learn to do what you can today and don't put it of until tomorrow. There is a saying that "tomorrow will never come if you keep putting things of." Give yourself at least 20 minutes for 20 days to work on your vision.

The first thing you might say is "I don't have enough time." I totally understand, but you may be surprised to see how much time you actually whittle away every day. For example, take it back from social media. That means 20 minutes of less scrolling. How about one less TV show? Think about your typical day and find some areas where you can carve out this essential time.

JOURNAL EXERCISE:

When am I willing to commit the TIME to work on this for the next 20 days? Which activities or areas can that time be taken from?

Put your timer on for 3 minutes and write everything that comes to mind in regard to this question:

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