



**Reclaim Your
Time**
and reach your goals!

Lesson Two: Making the Time

Many women might immediately argue that they just don't have time for their own priorities, but this technically isn't true. Believe it or not, you actually do have time every day for your priorities; it's simply a matter of what you have made a priority. Think of it this way – most of us put a priority on personal hygiene, so every day we shower and brush our teeth without wondering how we're going to "find the time" to do either one. Every day we eat, we go to work, we lock the front door before going to bed – usually without even thinking – because these things are priorities, whether we're conscious of that or not.

Unfortunately, it seems that we've allowed far too many things to become a priority these days. Electronic gadgets create an "on-call" work mentality that takes priority over personal time. We have endless pursuits that we chase more out of a sense of obligation than enjoyment – the company softball team, getting together with friends that we just don't have that much in common with anymore, and so on. With hundreds of cable channels, including so many shows and movies available "on demand," we often find ourselves spending more and more time in front of the television. Our kids are usually involved in several extracurricular activities at once, necessitating even more of our time and attention.

As a mom, I have an ongoing struggle to get my children to realize that as they get older I need them to be more and more accountable for the things that are within their capacity to handle, or to scale back their expectations of my involvement in these activities.

To really illustrate how this has probably happened in your own life, think about the activities or commitments that you engage in regularly that are not for your own personal benefit, but strictly for your family or friends. Not things that are necessities, such as grocery shopping or taking your children to the doctor's office, but things that are just for someone else's recreation or fun, things that other people are getting more out of than you are.

List five such things here:

For the complete set of all five lessons, purchase your copy of *Reclaim Your Time* at <http://lifeaccelerated.com/products.html>.

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