

My dream was to have more time. Here is how I achieved that.

For many years I tried this:

- Studied everything about my field of finance
- Replied quickly to all emails
- Always online on my phone
- Worked on my vacations
- Solved tasks faster
- Slept 5 hours

I was trying to be more efficient and solve issues quicker hoping that would give me more time.

But that never happened, it just attracted more issues.

I was always reactive, basically only firefighting.

When the day was over,

I was drained and my brain was fried.

I never really had time to think strategically, cultivate the soil, and plant the seeds that could lead to higher performance and growth.

So I decided to start investing 1 hour daily in solving this problem, trying this:

- No emails or phone between 8 pm – 8 am
- 20 minutes of light exercise at home or walk
- 20 minutes of silent reflection, thinking
- 20 minutes reading unrelated field

Nothing forced or rushed, just a good end-of-day routine and morning start-up routine.

That 1 hour was the seed that grew into today giving me a much better flow with work and life.

It is a key that can unlock more time by giving a structure to

- think
- be creative
- solve problems
- be proactive and
- perform strategically.

Your family- and work situation may dictate this, but today I spend 3-4 hours daily on this framework with a few additions including taking daily notes and writing on LinkedIn (which is a great challenge).

When I didn't have time for this, I could never get more time.

What's your dream?



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