

My 8760: Does it Work and Why?

We all feel overwhelmed by work, family and our social life; there never seems to be enough time to do the things we want to do. There just aren't enough hours in the day.

My 8760 believes there are enough hours in a year, however, and with the right planning it is possible to accomplish it all and still have time to sleep. It can work and the effectiveness of the program is impressive.

The concept is simple: lay out a year worth of "to do's" and assess how much time to allocate to each. By doing so you can quickly see there is enough time to play with the kids, exercise, eat, sleep and work. There is even time to volunteer, a known key to happiness.

This strategy has been successfully used to determine how to balance busy lives. Take the example of a CEO with volunteer responsibilities including the time concerning commitment of synagogue president, board membership on other community boards and other business and volunteer responsibilities. Combine this with a high school child living at home, a dog that loves extra attention, and a wife hoping to have more time to travel and relax as the empty nest approaches. When every aspect of life is laid out, including time with aging parents, down time to watch a football game, travel with family, dinner out with friends and phone calls to those far away, it was tight, but there are enough hours in the year to do it all.

Working through this busy time of life, one can continue to tweak the time allocated to each aspect of life and work to find the right balance of career, fitness, nutrition, family and down time. It is possible to do it all and not feel one part of life was neglected.

Why does it work? If it is all so simple why doesn't everyone follow this plan? It is unclear why it works exactly. By just laying out a plan, does that offer confidence that it can be done, avoiding the paralysis that comes with indecisiveness? Offering the basic guidelines of how much time to spend on each activity may give just enough structure to avoid excessive and obsessive time wasted on events that don't bring joy or success. Whatever the specifics, by developing a plan that has a realistic implementation template, individuals can prioritize what brings them joy and allows them satisfaction as they reflect on a year of accomplishments.

MY8760 is ready to provide you with a ready-to-use template that allows users the structure to do it all. What delight comes from reflecting on another successful year of great accomplishments!