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"The only place that success comes before work is in the dictionary" May Smith

" I Have No Time for That! "

By Ira Franco Your Partner - Your Life Coach

Question: Could you please help me, I would like to prepare dinner?

Answer: Sorry, I have no time for that!

Statement: Could you please clean your room.

Answer: I do not have time for that!

The use or abuse of the phrase: "I have no time for that" has undermined the meaning of the message, is it an excuse or you really can't find the time.

How do you manage your time?

What is your set of priorities?

What benefits could you find the moment you delegate?

Be able to organize your home, manage your workplace or your own life, can be a simple task for some people or a difficult one for others. That is why it is important to identify your strengths, your weaknesses and seek available resources to carry out the remaining tasks. This way you can take advantage of your skills, delegate or ask for advice when you don't feel confident.

Initially, the implementation of a project leads to a greater dedication and may seem like a waste of time because you don't see any progress but be aware that this initial work in the long term, will save you time. For example, you spend some time creating a Sales Forecasting or a Cost Analysis and when you will need to update the information, you just have to enter the new values of the month and the results will sum automatically.

I hope you found the time to read this article!

(*) Sesiones Disponibles en Español