

Do you have the feeling that **everybody, except you**, is in control of your time?

Take Your Time Back:
Three Simple Things You Can Do Today
To Get the Full Control of Your Life
Back on Your Hands

Sten M. Andersen

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Who Controls Your Day?

Do you have the feeling that everybody, except you, is in control of your time? Your **boss** controls a third of your waking hours; your **significant other** has a lot of ideas on how you should spend your time; your **kids** demand a significant amount of your time; your **parents** get a nice slice of your time...

...and then there are all the things you just have to do, that take the little slice of time you had left...

You have to go to the mall, mow the lawn, call miss Jones, and oil that squeaking wheel.

You get that uneasy feeling in your stomach that **you're not getting to do those things that were most important...** Those things you'd planned to do to improve yourself. Maybe exercise, or read that book, or create that web page.

Going around with this feeling of not owning your own time, creates a lot of stress.

When is it *my* time? When do *I* get to control what I do?

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There are moments that seem to be outside of time. The hours after a funeral, for example. I don't know what they're like to you, but for me, time seems to disappear at those times. I'm not in time, but in a zone where time is meaningless. I just exist.

The same feeling has come upon me a few times when I've been out walking along the river, maybe just chatting with a friend, and the skies have been cloudy and so it really hasn't been possible to tell what time of day it is. Then time itself has seen to dissolve, the fabric of time unwoven, and again I'm in the timeless zone, where there is no Wednesday or Sunday, there is just being.

Those are times of peace.

Has the calendar really lost track of what day it is? Would my watch not show me what time it is?

Of course not.

I'm talking about a feeling.

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If you sort of know what I'm talking about and you've had the same kind of feeling, taking your time back will be easier, because you can leverage that feeling. If not, don't worry, we'll still get you there.

The fact that it is merely a feeling, and yet, **it creates the whole difference in how you perceive your existence at that point**, is a powerful concept.

When you realize and accept that the stress you feel when everybody else seems to be controlling your time, **comes from within you**, and not from the outside, you can change it.

You can actively take your time back.

This has two very distinct aspects. One seems very concrete, physical, and shows instantly to the people around you. The other might seem a bit more airy-fairy, *but is no less real*.

Let's talk about the concrete-feeling aspect first.

There are **two things you can do, today**, to start getting your time back.

1. **Prioritize better.** Write down all the things you think you have to do, all the things you have said yes to doing, all the things you feel you should do. **Write, write, write** everything you have in your head that you should do or should be doing. Write till you are exhausted. Most people will get a

ridiculously long list. **Take a break.** Then take a look at that long list and **start prioritizing.** You will notice there are quite a few things on your list you don't really have to do. Some of them you can just strike off. Some of them you could delegate – to your spouse, your kids, your co-workers, your parents, your neighbors, etc. And some will stay on your list.

2. **Learn to say no.** This is really hard. You've probably already said no to a lot of things, but those were the easy ones. Now it's time to learn to say no to your spouse, and to your kids, and to miss Jones. **Don't overdo it, say yes as often as you can, but know that it is okay to say no every now and then.**

Now that you've actually reduced your work-load, let's talk about the second aspect, which is just as important, and goes hand in hand with the first one.

The third thing you can do today, is to change your mind set.

You see, **the problem** often isn't that you don't have control of your time, but that **you feel that you don't have control of your time.**

I want you to realize that **all time is your time.** Sure, you have to go to the mall and get groceries. And that is part of **your life. Your time.** You can hate it and run through the mall and make it a stressful, *not-my-time-I-feel-like-I'm-never-in-charge experience*, or you can **slow down** and decide for yourself to **revel** in the experience. You can *make it* your time:

- You could take the time to pick out the best looking piece of meat.
- You could find the healthiest breakfast for your family.
- You could talk to the lady who offers you a free sample, and discover something new.

If you decide to *go into* the experience, and fully be there, you will find that **it actually adds to your life, instead of subtracting from it.**

You will learn, grow, and have a good time.

You'll be in a better mood when you get back home, and it will show, no matter if you think it will or not, or if you try to show it or not. And that will bring

you rewards.

Your spouse, your kids, your neighbors, and even miss Jones will be a little bit kinder and gentler. They might not even know it themselves, **but to you, they just seem to be a little bit happier today**, a little bit kinder, gentler, and less demanding.

With everything you do, strive to do it fully. To be in it, to make it *your time, your task, your life.*

Then you will discover the abundance of time in your life.

Now go do it!

Sincerely,

A handwritten signature in blue ink that reads "Sten Morten Andersen". The signature is written in a cursive style and is followed by a long horizontal line.

Sten Morten Andersen

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