

## SEPTEMBER NEWSLETTER

In my last newsletter, I mentioned the issue of time. Well this time ... pardon the pun, it ran out on me. At 24h00 on the last day of August 2009, I am writing my September Newsletter.

This has led me to wonder whether anyone ever reads these newsletters and also to understand why other people with similar websites do not have a monthly newsletters. So if you do read the newsletter, please let me know what you think ... feedback is always appreciated. Depending on feedback, I will consider whether to continue with this practice or not.

So, since all of the above has to do with time, I decided to focus this newsletter on time management. In the past we looked at time and the management thereof as a pie; so much time for this and so much time for that. I ask you to look at time management a bit differently.

When I look at time management, what I actually see is change management. The only 2 major emotions we deal with in life are fear and love. Unfortunately we associate change with loss – therefore fear. We resist change as it sometimes makes us feel temporarily alone. Therefore fear.

If we look at time management, all we see is a need for change; the changing of a measurement. Ask yourself ... how do you accept change? Thereafter, ask yourself what you really value about and in yourself? What do you place value on? What drives your behaviour and responses? By far we are driven by our responses. These are developed based upon our habits, attitudes, belief systems, values and principles. This is where our responses are born.

Once we have looked at our attitudes, belief systems, values etc, we need to ask what is important in our lives. For many goal orientated people, the answer will be success. This often leads us to think that the more we do, the more I achieve. In turn the happier and more fulfilled I will be. All this leads to is wanting more. In other words, our number one activity is focused upon tasks and activities. Then we may have some time for relationships. If we are very lucky, we may have some time for ourselves.

This is where change needs to take place. Number one priority ... make time for yourself. Number two ... nurture your relationships. Then, and only then, do your activities.

Ask yourself ... what is important in your life? What do you give value to and then see whether you are servicing the important aspects of your life.

At the end of the day, ask yourself if you have addressed that which truly matters. Let your aim be focused on becoming more aware of yourself. Ask ... am I living consciously or am I stuck in routine and habit?

We are in free will choice; lets decide what is best and then run with it. Is chasing after goals your focal point? Maybe as human beings we can find meaning in “being” rather than “doing”. That is human-being rather than human-doing. At the end of the day ask yourself ... how do you want to be remembered? This is your true meaning

LOVE AND LIGHT

Debbie