

A BETTER YOU | PERSONAL GROWTH | PROFESSIONAL DEVELOPMENT

Getting Better Takes TIME; (A Getting Better List, For Your Consideration.)

“Wherever You Are ~ BE THERE!”

By Michael York

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Carpe’ Diem—It’s about all the Latin I know.

Only a couple of words, but in any language it can’t help but add value to your day— and to your life, if you respond to the challenge.

I’m sure you’ve probably heard it before, but what does it mean to *“Seize the Day?”*

What if it were possible to *Maximize* it--without squeezing and scheduling the LIFE out of it?

I love how one of my teachers once described it,

“Michael, wherever you are- BE THERE!”

How’s YOUR day going?

Hectic? Too fast? Too busy? Can’t get everything done?

Not enough time—Join the crowd.

The common mantra of today’s society is *“I need MORE TIME!”*

The power in understanding time eventually reveals the secret that TIME IS BEYOND OUR ABILITY TO MANAGE IT.

Time management is a poor objective and “miscommunication.”

Time is oblivious to you and me, and our feeble attempts to harness it.

“Me” management is a much better objective.

Good students of life and work understand the difference between spending time and investing time. One means it is gone forever, the other means it will continue to return rewards and results and great memories.

The next time you hear someone say “I don’t have the time,” look them in the eye and tell them how special they really are— *“You’re getting the maximum amount of time the law allows!” (24-7, that’s all there is as far as we know, and you’re getting it right now)*

The question is what will you do with it for the greatest return on results for your BETTER life? I’ve shared with many students and live audiences a few of my best lessons from almost 40 years— in the Marketplace, as well as a husband, father, and now grandfather...so here’s my short list of just a few things that have stood out for me over that time and given me a greater return in the process of GETTING BETTER!

First...3 BIG KEYS FOR A BETTER YOU —

BIG KEY 1: Make time for life, not just work. Some clichés are true, like the one about “all work, no play” making you dull. Life and work are much better when your tools are SHARP! (What are your LIFE goals?)

BIG KEY 2.: Take some time to THINK. Really think.

Quiet time, creative time, THINK time where you can be struck by the lightning of an idea! In his classic THINK AND GROW RICH, Napoleon Hill tells the story of an important individual he discovered who routinely would “SIT FOR IDEAS” in a quiet place. Expose yourself to creative time and places; don’t ask how...if you search, you will find. It is ancient wisdom that has been proven over and over.

BIG KEY 3. First Things First!

Dr. Covey got it right in his book, some things that are urgent scream for our time while the really important things in life can sit quietly in the corner waiting for you to notice. Pay attention to what’s important and not just what seems urgent.

One day you’ll be glad you did...or maybe wish you had.

1. **Look out for Distractions:** One of my favorite stories on distractions and overcoming them is from an ancient script about NEHEMIAH. When he could have been destroyed by simple distractions, his response was simply... “I am doing a GREAT WORK, and I cannot come down.” You can read about it for yourself—or read more on DISTRACTIONS in Andy Stanley’s book VISIONEERING (chapter 14). Be a good student, distractions seem like a little thing but they can prevent BIG RESULTS from happening for you.
2. **Time is NOT money:** You can make more money, but once time is lost it can never be regained. No matter how much you want to go back and change something you regret, it is not for sale and cannot be bought at any price...time is so much more than money..
3. **Take a Vacation:** Don’t be a martyr for the company. You’ll get better results, at home and at work, when you take the time to re-charge your battery and get a fresh outlook and sharper mindset. I once worked for an owner who actually PAID his employees NOT to take their vacations! And many sold their vacation days back to him as a result. Never sell your vacation time or let it expire. It’s worth more than money...it’s your life.

4. **Don't be so Serious.** Loosen up, life is short and there are enough stiffs and bores. Laugh a little and take time for some fun. A survey of top performers showed they spent 8-10 hours for recreation every week...or at least they said they did. "Re-Create" your enjoyment for living every day. People will absolutely notice.
5. **Practice SLOWING.** If you want to know more about slowing, get a book called THE 10 COMMITMENTS (shameless plug, but you'll benefit from it more than me.)
6. **Simplify.** Make your life and work easier and the lives and work of those around you.
7. **Life is short.** Love what you do. If you don't love what you do, do something else. Or at least begin planning for the day when you can do something you would love to do.

The common thing to do is just complain. Be uncommon.

8. If you find yourself always answering the question, "*How are you?*" by saying, "*I'm stressed.*" Change something, so you can have a better answer tomorrow.
9. **Don't neglect Celebration.** It is the candle on the cake of expectation and accomplishment. Celebrate MORE.
10. **Turn work into PROJECT WORK.** Think like a "consultant" or entrepreneur or owner. Projects come and go. What's next? Work should have a beginning and an end. Don't just be lost somewhere in the middle. When the project is over...take a break and celebrate.

Bonus Clue:

**Treat Life like it's your job and then treat your job like it's...just your job
(And not your whole life)!**

ONE OF MY FAVORITE QUOTES, included in my book *BECOMING UNCOMMON*—

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

--John Lubbock

To Your BIG LIFE, and to a BETTER YOU in the process,

Michael



*To Your Uncommon Success,
Michael*