

Timeless Wisdom





Artwork by Namrata

I Don't Have Time

Just like you I have been guilty of using this catchphrase more times than once but, here's what you need to know about using it well.



Time is a relative concept – what matters most to you is what you will always find time for – no matter how difficult the situation. It's all about priorities – it always has been.

From time to time, we like to hide behind the infamous “I didn't get the time”, “I just don't have the time” to justify and exonerate ourselves in the open court when we're not able to follow through on a commitment, even though deep down we all know that we didn't prioritise it well enough or didn't give it the effort it deserved.

I'm not saying we completely get rid of this phrase. I feel it's a necessary evil, because there are also some days when, life gets in the way and we have no option but to use it to get ourselves out of engagements that add no value to us – and that is perfectly fine, even necessary.

But, we should most definitely **regulate its use**:

Using it on other people / things / events which don't give you the bang for your buck: ***A-okay***.

Using it on yourself / family / health-goals / career-goals: ***not okay***.

Having said that, I'm not perfect and neither should you expect yourself to be. I know I definitely use the "I don't have time" phrase when I don't have any other excuse to hide behind. But my question to myself and to you – why hide at all? Why not actually do the things that we love so that we never have to use those words? Why put yourself through the guilt of not having done something when deep down you know you didn't want to do it in the first place?

Why not swallow the hard pill and nip those engagements right in the bud when we know we won't be committed? You will be much more respected if you gracefully explained and bowed out at the start rather than agreeing just to please and later doing it half-heartedly.

I'm not saying this state of mind and of life where you only do things that you like, will be achieved in a day – but I feel it is definitely something to keep on the back burner when making decisions or saying yes to things so that if there is ever a point when someone puts you on the spot and asks you why xyz thing happened/didn't happen then you can answer guilt free.

So here's to doing things with awareness and constantly working on being better than our older selves!

May you always be blessed with the power to make the best use of the most expensive commodity in the world – Time!

Time is a funny thing.

~ It always seems to fly by when we're doing something really passionately but even a single minute of something we don't like or find tough (think a 1min plank!;p) feels like punishment.

~ We're usually running behind and seem to always be on a crunch but somehow there is always an abundance of it when it comes to the people that we love and things that really mean something to us.

