

## **Time is Money**

*By Rob McKelvey*

How many times have you heard the expression that time is money. I wish I had a dollar for every time that I have heard it. Then I suppose time would be money.

Unlike money, time doesn't gain interest and you can't make more of it. And you can only spend one minute at a time. We are allocated roughly 1,440 minutes a day. Like money, time can be invested wisely though.

Here are some ways that you can make the most of those minutes of your time.

### ***Spend It***

Unlike money you can't save time. Once a minute is passed it is gone for good. You can't save what you didn't use today and spend it tomorrow. You start out each day with a fixed amount of time so rather than trying to save some time, spend it wisely on something that you want to do.

### ***Make it Worthwhile***

Since you only have one shot at using each minute it would be useful to ensure that the time invested is worthwhile. Now I'm not here to tell you what would be a worthwhile time investment for you... only you can make that decision. However, I will tell you that a wise investment is to spend time on what is important to you at the moment. That might be spending time with family, or on yourself, or writing a business plan, or reading a book, or sleeping... whatever. And like money, it is helpful to spend time developing a plan on where you will invest your time.

### ***Share It***

Although your time is precious, it does not necessarily mean that it should be hoarded. Again, like money, shared time can sometimes bring the best return. Think of times that you needed support with something. Where would you have been if someone hadn't shared some of their time with you. It is gratifying to share time for a good cause or to help out a friend. It is like doing a good deed for the day and may not take much time to accomplish. Leave yourself open to sharing.

### ***Balance It***

Don't spend all your time in, or on, one area. Remember the expression of "All work and no play makes Jack a dull boy." When you are planning on how to use your time make sure that there is time for everything that you want to accomplish during that 1,440 minutes allocated to you each day. That means

time to work, play, and just be. Variety in the time you spend helps the mind grow and assists the brain in creating new neural pathways. It also leads to a sense of accomplishment.

### ***It is Valuable***

Like money, time is valuable. More valuable than money since it can never be replaced. It is well placed advice that says "Use your time wisely." Don't try and do everything at one time. Pick 3-5 things that are important and focus on them. If there is time left over you can then decide on how to use it.

By the way, 1,440 minutes in a day is also 86,400 seconds. See there is lots of time to work with now.

How will you spend your time?