



Time is very precious

As I write this note I have 27,782 days left on this planet (assuming I am going to live until I'm 100 years old).

I hear so often people saying I don't have enough time, or I'll do it when I retire or I'll get round to it. Time is precious so spend it wisely, those grains of sand are slipping down the hour glass, and they can't be gained back.

So don't leave the list of Things I'd Love To Do to the end because you're so busy with the things you feel you need to get done, saying you'll get round to doing the things on your love list. Instead set time each week to

- ✓ spend time with those you love,
- ✓ spend time laughing and having fun,
- ✓ spend time leaving a legacy for future generations,
- ✓ spend time sharing stories of your wisdom gained.



If you don't spend time now when will you? tomorrow, next month, next year?

I remember the first experience where I learnt the value of time and how precious it is, as well as how we are not in control of when that last grain of sand falls through the hour glass.

I made a promise to myself to not to waste my own time instead to fill my time with things that make me smile. If it's not something worth smiling about like cleaning the toilet, then I use that time to dream about the future full of things that are going to make me smile and leave me with the feeling of time truly well spent.