



EmpowerChangeNow Newsletter

Life Transformations, LLC. – *empowering change*

Life Transformations was

founded in 2003 by Joanne Aaronson. Joanne's mission is to foster empowerment in the individual to achieve his/her ideal life including relationships, career, and financial situation. Or for the executive, to achieve Enlightened Leadership to empower their best organization possible. The [Empower Change Now Newsletter](#) was started in 2007 to support this mission by sharing information about the underlying paradigm shift necessary to empower change in the individual for unlimited possibilities.



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Dear Readers,

Moving the clocks forward for daylight savings time reminds us of the importance of getting up early to make space for all our important tasks. This month, I highlight some tools with the potential to help us make best use of our twenty-four daily hours.

As usual, I welcome your comments or experiences with this material.

Always in light, Joanne

Maximizing Time

Last weekend we changed the clocks forward for spring and essentially lost an hour of sleep forcing all of us to get up an hour earlier. At least that's the concept. In truth, we all get the same 24 hours regardless of how it's sliced. I don't know who invented Daylight Savings Time, but I can tell you that even a time change of one hour often makes people sleepy. With spring, and the perennial changing of the clocks, it makes me think about time and its impact on our lives.

Regardless of our work schedule (day, evening, or night shift) we still all get the same amount of time (one rotation of the earth equal a day) to arrange our lives. How do you do it? There are so many things that have to get done in a day. Where do you start?

I once took a class which showed a bowl and rocks and that if we put the biggest rock in first, then the smaller ones, and finally, the little pieces almost like sand, we could squeeze much more in. Let's take a look at how this works in practice.

What's the biggest rock in your life bucket? Usually this is work. But, if you're a caregiver, it could be taking care of someone else. How many hours per day does this activity take up? How many hours are left for other things? Ok, then comes the next smaller rock. For most people this could be family. The next smaller rock could be taking care of every day necessities like preparing for work, eating, paying bills, buying groceries, etc.

Or, another equal size rock could be taking care of oneself such as exercising, allowing time for reflection, time out for play, etc.

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Controlling Time

I'm late, I'm late for a very important date! Oh my, how to always be on time! Just imagine if you could control time; think about all the interesting things you could do. In addition, perhaps you'd find a way to relax more, or find more time to do a creative hobby; or, even exercise more or eat right. Wow, there are so many activities both personal and professional that one must squeeze into everyday life.

What if I told you that there is a way to control time? Well, perhaps according to the laws of physics, it's more like bending time? Hard to believe? Ok, here are some intuitive techniques that come very close to helping you do just that.

If you find that time is running short, try telling yourself, "I have enough time, I have enough time". This positive reinforcement helps you to stay focused, not make mistakes, and get the job done faster. This is a good intuitive technique to help you go into a zone that stretches out the time that you have available to you. It's a well known anecdote that tasks tend to take up the time available to do them. By slowing down, we go into our quiet, more focused zone and are able to get into a more creative/intuitive mind or alpha state. In this more relaxed state, we are able to process more information per second and so by definition, we are more productive as well as being more creative; thus, we can get more done. It also feels like we are doing more in the space of time that we have, so it seems like time is slowing down.

Another good technique is to visualize having enough time. Close your eyes, take deep breaths, and picture yourself completing the tasks with ease and voila, the job gets done in the allotted time. Both techniques have worked for me over the years on numerous occasions. Once I had to drive down to Norfolk, Virginia to pick someone up at the airport and so shouldn't be late. I also love to walk on the beach. The drive is normally at least 4 hours. I visualized arriving on time and went into a relaxed state of mind. Before I knew it, I was approaching Norfolk, with 30 minutes to spare to take a walk on the beach. I couldn't figure out how I arrive so quickly! Time had certainly been under control for me.

These techniques will not work, however, if you're trying to push 10 days worth of stuff into 5 days. Be realistic with what you can get done and you should be fine.

And lastly, do remember to have fun whenever possible.

Events and Happenings

My personal page on Facebook hit a maximum of 5,000, so I'm inviting everyone to join my professional page [intuitivelifecoachjoanne](#) page for inspirational musings. It's free and full of uplifting information.



Remember:

- ◆ **Slow down**
- ◆ **Visualize getting it done**
- ◆ **"I have enough time"**





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Shaping Up

My readers may be aware that I adopted a rescue cat back in October that was about seven years old. I named him Skylar. He's a real cutie but had been in an 8x10 wired cat area I call a cattery with 2 other male cats for 3 years and didn't get enough exercise. When he came to me, he was very pudgy. Initially, although he had the run of my large townhouse, he just sat in a chair all day not moving around much. Then I began to encourage him to follow me around the house, to play and to run up and down the stairs. He loves to follow after me. Well, he's with me for 5 months now and he's shaping up nicely. Just goes to show that a body in motion is a healthy body for pets or humans!



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By thinking about life in terms of relatively-sized rocks or chunks, one can begin the task of dividing up life. But this is the ideal. When a rush project comes along or a family member suddenly falls ill, the plan also disintegrates; however, it is a place of departure.

Another way to divide our daily time is to look at life as a big circle sliced like a pie. How much of your life do you actually want to devote to family, friends, yourself, volunteer work, etc., rather than having these activities take over more time than is really necessary? In this scenario, you decide how you want the time composing your life to be ideally divided, and then allocate time accordingly; whereas, in the first scenario, the activities were already taking up the time and you were merely the pawn in the game.

So, how do you want to live your life? As a pawn in a game or by deciding what's important to you? Either way will work, but which do you prefer? Thus it's best to prioritize your activities. Decide what's really important, just like the rocks we talked about early. Put the biggest ones in first. Make room for the important things. They go at the top of your list. Next, add in the other items making sure that your bucket doesn't overflow with too many things in one day. If the bucket fills up, put some of the smaller items or things that really don't have to get done today in the bucket for tomorrow. You'll feel a lot better about your life and won't stress about it. What gets done, well, will get done. Then, don't waste time while doing them. As my friend tells me, stay focused. I can get pulled off on tangents by seemingly interesting things. It's ok, if one has the space in their schedule. But if it means that the important stuff never gets done, then this is called procrastination. Not good. And, don't forget to have fun.

