

Anything NOW ... Is better than nothing!



"I'm not procrastinating. I'm proactively delaying the implementation of the energy-intensive phase of the project until the enthusiasm factor is at its maximum effectiveness."

I have to admit it, I am a procrastinator about certain things! And when I think about the things that I put off it is always because the perceived effort required seems too great for what I am able to give at the time. Do you relate? The problem with procrastinating is that nothing, in that particular area, ever gets done – often an area which is very important to us.

Time; The greatest resource we have, the greatest resource we waste and the resource we most often blame for our lack of anything! As a personal trainer the greatest excuse I got as to why people weren't exercising enough was painfully predictable; 'I didn't have time'. Why don't we do more stuff with our family? Time! Why don't we get more done in our business or job? We ran out of time! Why don't we write that book, paint that picture, join that club or renovate our home? Is it time? On each occasion that we use time as an excuse for not doing something we are losing more of it. Time is not an infinite resource – eventually for all of us it will run out!

This next statement is quite a confronting one. It is not mine, I am just quoting it, but it certainly hit me between the eyes when I heard it. It states; '*The beggar and the millionaire have the same hours in the day. The millionaire simply uses theirs better*'. Ouch!

Changing the paradigm

We need to change our paradigm about time! I have spoken in many previous articles that when we have clarity about what we want and understand how important it is to us, then we seem to get better at finding, scheduling or making time. Even so, time for all of us is a challenge and when we think we don't have enough time we just don't do anything about our health, our relationships or many of the other things we need to focus on. That is unless we decide and believe that **anything right now** is better than nothing ... Just take a baby step!



Why is that we feel we need to invest a certain amount of time or there will be no value or benefit? Why do we decide if we can't give it everything we have got then we will give it nothing at all? If I were to do a survey and ask how much time we should invest in exercise per week, I think many people would answer with; at least 45-60 minutes, 3 - 4 times per week. Would you agree? The problem with this is that many people will say that they don't have that time to invest and so do nothing at all. If I were to say you would benefit from 5-15 minutes, 1-2 times per week would you believe me? Do you think a short 10-15 minutes of running, walking, step ups, stair climbing or skipping is better than not doing it? Of course it is! Is it doable, even for a busy person? Of course it is! Anything right now is better than nothing!

A world of possibilities



This is exciting news and it opens a whole new world of possibilities! Because if it is true for exercise then it must be true for everything in our lives. If we don't have hours to spend with our children, could we find 15 minutes to kick the footy, play hide and seek or just ask them about their day? What impact would just 5 minutes per day making an extra 2 or 3 sales calls have on your end result? I can tell you that just 10

minutes of writing will get you ten minutes closer to the end of your book! We don't need to be 'one-eyed' and we don't need to be obsessive we just need to do anything right now because that is far far better than nothing.

If we are even finding it difficult to find 10-15 minutes then we need to look at where we can steal it from. Could we swipe 10-15 minutes from watching TV? Could we get up 10-15 minutes earlier? Could we steal some time from facebook? I know these all sound crazy, but the time is already there - it is simply how we choose to use it! It all depends on whether we want to be the 'millionaire or the beggar'.

Start small and watch it grow!

As we find these small pockets of time to start doing some of the things we are currently avoiding by using the 'no time' excuse, we will start to see some small results. Things will slowly start to move in a better and more positive direction - this is exciting! As it happens and as we can see benefits, we may just be able to find a 'smidgen' more time to invest into these pursuits. Before we know it we will have done what we previously thought impossible - we will have found the time that we swore black and blue that we didn't have. All because we did something ... anything NOW rather than doing nothing!

Have a great week

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