

My 24

by Chris Dixon, M.Ed.

Time is something many of us struggle to manage. Part of coaching clients to achieve personal fitness goals is discussing time management, priorities and values. Time is a commodity and like many commodities is traded for value. How we spend time (*similarly to how we spend money*) is a reflection of values and priorities. Unlike finances, we all have the same amount of time; I call it “My 24”.

Each day we have a “non-guaranteed” twenty-four hours. The question is not whether you have time, rather what you do with the time you have. Everyone has responsibilities, hobbies, priorities and things they wish to accomplish and yet only 24 hours to do so. How an individual utilizes her/his 24 hours is the differentiating factor.

Many times, I work with clients struggling to “find” time to exercise. To be successful it’s important each person change their perspective on time. Time is not tangible so looking for it typically leads to disappointment. When people are successful achieving fitness goals it’s because they “make” time. My work involves teaching individuals to create opportunities to be physically active. You would be surprised the differences in someone who is trying to *find* time versus someone who *creates* time. Night and day.

In addition, here are a few other quick tips that can help you create time for health & fitness in your 24 hours:

- **Tip #2: Track your time**-Journaling allows you to see where time is allocated. This is not a step you want to skip. We assume we know where our time goes but we spend time doing things we are unaware of. Write it down.
- **Tip #3: Purge**-You have to be willing to lose some things to gain others. Focus on what you stand to gain rather than what you may lose. (*Read my earlier blog “Purge” for more on the process*).

- Tip #4: Fight-You wouldn't willing let someone steal money from you but each day we let people steal time we can never get back. Time is your most valuable asset and you'd better be prepared to fight to protect it each day.
- Tip #5: Focus-Daily goals lead to short-term goals which lead to long-term goals which eventually lead to ultimate goals. Make sure you identify and focus on your goals. Small steps lead to long miles.

How we choose to spend "My 24" is important. It speaks volumes of our values, priorities and the people we are. Creating time for something you value is easier than finding time for something you don't. Recently I heard someone say, *"If you live every day like its your last, one day you'll be right. If today was your last day, how would you want to spend that time?"*