

# June Momentum Newsletter

**I don't have the time.**

**I'm too busy.**



We all have the same amount of time in our lives, so how can somebody not have enough time?

Now I know that you are thinking 'that is not how it works Rob, it's how many things I have to do during the day – I've got kids to look after, work, I'm working 2 jobs at the moment, I'm studying.'

We all have the same amount of time, no one has more than someone else. The difference is how we are choosing to spend that time.

Bill Gates, Richard Branson, Anthony Robbins are just a few people on this planet who run many different companies with their time. Other people travel the world, others work, others watch TV all day. Neither is better than the other, they are just different ways of spending their time.

Here's a question: **“What is time?”**

If you have time – where do you have it?  
Is it numbers on a watch?  
Is it the movement of the Earth around the Sun?  
Is it the seasons?  
Is it in your pocket?

How long is a long time? How long is a short time? Ask two people this same question and you'll be surprised at the different responses you'll get!

Consider this crazy thought: **Time is emotion**

Have you ever been running late for a very important appointment, or have to catch a train, bus or flight? Running to make it, keep checking your watch. How did you feel? Is it different to being on time or early? What changed?

Have you ever been doing something and said “Wow, time just flew by!” or “Time seemed to stand still”?



Time certainly didn't make you feel the feelings you felt when you were running late, and I guarantee it didn't speed up or slow down. What changed was your emotion.

So how are you spending your time? In which one of the categories are you spending your time most?

You spend your time according to your values. Someone who values financial freedom will spend time learning and strategising. Someone who values nice clothes and looking great, will always find time and money to go shopping to fulfil their values.

Many people use time as an excuse – “I don't have the time” or “One day I'll get around to it.”

If you step out of your life and have a look at it from someone else's eyes, what are you busy with? You are busy with the things that you are prioritising in your life. Whatever you are doing at each moment through out the day, is the thing that you have chosen to be the most important thing you have to do.

“What am I prioritising in my life?”

This may be a revelation.

For example, how much time do people spend planning a wedding or a holiday? Weeks? Months? Years?

How much time do you spend on yourself and planning your life?

### Challenge for June

Scrap the phrase: **“I don't have the time or I'm too busy”**

And replace it with: **“I am choosing not to prioritise that right now”**

“I am choosing not to prioritise that right now.” Consider how it can change the way you see, hear or feel about what you have said you were too busy to do.

When your child or loved one wants your time and you say “I'm too busy” or “I don't have time right now”, say instead: “I'm choosing not to prioritise that right now”.

This is an exercise in becoming aware of how you are spending your time.

If you look at the most important things in your life and then look at where you are spending your time, I bet they go hand in hand.

### What's Rob up to?

We leave tomorrow for our big adventure to China and Mongolia – I'll be available by email if you would like to get in touch. Enjoy your June challenge!