

# Getting Back Time



**How To Put An End To Time Wasting,  
Accomplish More In Less Time  
And Design a More Productive Lifestyle**

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{first\_name}'s words of wisdom:

"I believe that knowledge is power. Everyone should improve themselves and/or business, no matter what stage in life they're in. Whether it's to develop a better mindset or to increase profits. Moving forward is key."

If you would like to learn more from {first\_name} {last\_name}, please visit:

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## Introduction: Time Matters

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Not to get too philosophical or sound too dramatic but the reality is that life is *made* from time. In fact, some thinkers suggest that consciousness itself is tied closely to time.

You are given a finite amount of time on this planet and as far as we know, that's all you're ever going to get. Life is an incredibly precious and amazing thing and you owe it to yourself to make full use of this time while you have the chance.

As we grow older, we are left with less and less time to enjoy. But we *are* able to revisit the time that we've experienced in the form of our memories and this is where the slightly subjective nature of time becomes apparent.

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Time can slow down to a crawl at times or it can speed up and appear to disappear in the blink of an eye. Time seems to speed up as we get older and it gets even faster when we are enjoying ourselves.

But although time moves faster when we are engaged and having fun, this 'type' of time also lasts much longer. When we are engaged with novel stimulus, our brain lays down and creates more memories and more neural connections. When something incredible happens, it leaves a deep imprint on our brains that won't be subject to fading over time.

Conversely, when we take part in the routine and the mundane, there is nothing worth remembering and it fades into one.

So when we look back over our lives, it is only the exciting, the novel, the new and the interesting that is retained in our databanks. This is the time that we're able to 'get back' then in the form of memories. And thus living a full and busy life becomes the secret to having not only a rich life but also what seems like a full and *long* life.

If you do the same thing every day, then your time will be compressed into one long blur of work and nights on the couch.

If you keep doing new and exciting things, if you keep challenging yourself and if you keep surprising yourself; then looking back on your life will reveal a rich, meaningful tapestry that takes your breath away.

### **Why There is No Time Any More**

So you need love, learn, explore, discover, experiment and take risks. And yet the irony is that most of us find we don't have the time to do all those things. We are so busy running from one important job to another and so busy fulfilling our different jobs, that we never get the chance to slow down and smell the roses.

We are literally losing time...

And this creates other problems too. Being in a constant rush means we're constantly stressed and burned out. This can place strain on our health and it can place strain on our relationships.

Ironically, it also means that we're likely to be *less* successful in our careers as we spend more time rushing to solve problems and never get the time to actually work at getting better at our jobs or improving our organizations. We're constantly working 'in' our business and we never have time to work 'on' our business.



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When you think about it, this type of living pretty much renders the whole thing pointless. You're working this hard so you can afford to feed yourself and your family but in doing so, you're leaving yourself with no time to enjoy life or to *spend* with your family. What's the point of earning money when you never get to spend it on anything you enjoy?

What's the point of living to work?

It would be unfair though to say that work is the only thing that takes up all our free time and leaves us with none left for ourselves. Just as guilty are:

- Social commitments
- Commuting to and from work
- Washing, cleaning, tidying
- Dealing with admin
- Everyday chores
- Cooking

Imagine if you could get just a little bit of this time back. If you could save yourself 15 minutes a day, that would give you 105 minutes a week or 420 minutes a month! You could use this to learn a new language, to get into

better shape, to pick up a skill like painting, to go out for a nice meal with your partner, or to take your children out for a fun day.

Either way, you would be adding to your life and your memories and developing yourself as a person.

It's time to take that time back then and to start living your own life!

And here's how we're going to do it...

### **What You Will Learn**

In this book, you will learn...

- Why energy management is incredibly important
- How to give yourself more energy so that you wake up in the morning ready to go!
- The basic fundamentals of lifestyle design and how to design your job around your life (instead of vice versa)
- How to automate tasks and get things done more quickly
- How to cut down on communication overhead
- How to budget your time correctly