

What to Do When You Can't Find the Time

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Face it: We'll never "find the time." It's not laying on a sidewalk somewhere. We have to make time for the things we love. And we can do just that, **because we are where time comes from.**

Gotta love Einstein. His quotes support all 8 of the High-Ways, like this one for **High-Way 1:**

"Imagination is more important than knowledge."

And this one for **High-Way 2:**

"A person who never made a mistake never tried anything new."

So what does Einstein teach us about time? *That we have the power to make as much time as we want.*

Remember Einstein's explanation of **relativity**? An hour with your grandchild feels like a minute; a minute with your finger on a hot stove feels like an hour. The more you cringe from pain, the slower time gets. When you're enjoying time with a loved one, for example, you relax and your consciousness expands into space. Time basically disappears.

He wrote about this in a letter to his son...

"Do what you love. Do those things that when you are doing them with enjoyment you don't notice that the time passes."

Fact: *We'll never have enough time to do all the things we really don't want to do.* When we say, "I don't have time to do that right now," what we're really saying is, "I don't want to do that." By placing the blame on time, (victim thinking), we avoid confronting the truth of the matter.

Time isn't "out there." Acknowledge that **you are where time comes from** and it will stop owning you. To generate an abundance of time, ask yourself these 2 questions,

- 1. Where in my life am I thinking and feeling like a victim of not enough time?**
- 2. In what areas of my life do I need to take full responsibility and ownership in order to feel like I have enough time?**

Stress leaves the moment we step back into our power.

So begin your Time Recovery today with these 4 Steps:

1. Remind yourself of this truth for 21 days: "I always have more than enough time for what's important to me."
2. Start speaking and acting more powerful about the subject of time. Refrain from BCing

- (blaming and complaining) about it this week. No more “I don’t have time to do that right now,” Instead, speak a greater truth, such as, “That’s just not a priority for me right now.”
3. Like too many clothes in your closet, clean house with your To Do checklists. Write them down. Then with each item, either Do it, Delegate it, or Delete it. You can release yourself from the hold your busy-ness beliefs have had on you.
 4. *Make time* for what you love. Add FUN to every day, whether it’s a card game with your family or a bike ride with a friend. Do what you love to do and time will expand accordingly.

The “time of your life” awaits.



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