



Time is Life and Life is Time!

When I was growing up, Time and Life were magazines. Life was easy and there was always enough Time. When the Beatles sang: “When I’m Sixty-Four”, who cared? I didn’t, I was 20 and those that were 64, were waiting to retire. During the 70’s, Chicago had a hit song that included the lines: “Does anyone know what time it is? Does anyone really care?” We didn’t and that seemed OK, at the time. Mary Hopkin sang: “Those were the days my friend, I thought they would never end,” “BuT” they did! During the 80’s & 90’s, Time became money; Life became stressed, and we pushed onward.

Now that I have reached the “age of maturity,” almost 60, not yet 64, I have discovered some simple, essential wisdom that I want to share with YOU.

Time is Life And Life is Time.
They are THE SAME.

It is all about how we actively participate in both simultaneously. I discovered that by adding the concept of choice to my Time/Life–Life/Time combination, I really had the beginning of something grand. By adding hope, personal power, values, goals and a solid plan, I had some major ingredients that allow me to build a quality Life with a marvelous way of spending my Time. By bringing forth this tincture of possibility and by combining it with complementary relationships, I discovered that I am well on the road to having “It”- the Time of my Life during my LifeTime.

I discovered these possibilities after many years of toiling the way I was supposed to, during the “Time is Money” phase of my existence. Unfortunately, I had to give up years of Life and Time to discover that Life/Time are the only true/fixed guarantees I have in what’s left of my existence. I finally got smart. As part of my legacy, I share the following with you.

The following 10 principles of Life Management are essential to our personal success. I hope you will consider them thoughtfully and include as many as possible during these Times of your Life.

Principles of Life Management Essential for Personal Success
My Top Ten Strategies to Live By

1. The first step is to evaluate how your Life is currently operating. Evaluate what you are doing, with whom, its quality etc. You need to chart this in writing. If you don’t pay attention to what you are doing, you can’t evaluate your satisfaction with “It” in a conscious way.

Are You Coachable?

If you identify with each of these statements, you are likely to succeed, in partnership with a health coach to create a lasting healthy lifestyle plan.

I sincerely need and want to live a healthier lifestyle.

I realize that most everything I need to do is probably just outside my comfort zone.

I am not looking for a quick fix, I know habits take time to change.

I understand that health coaching is an ongoing process for creating change.

I am open to honest feedback and candid assessments.

I acknowledge my life will remain the same unless I make change a priority.

I am the only one who can make a transition to a healthier lifestyle.

I accept responsibility for my actions.

I view coaching as a worthwhile investment in me. I can afford IT.



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2. Analyze and summarize your Life notes. You need to identify, whether or not, these are activities that you want to repeat. This allows you the judgment to take advantage of “YOU”, your greatest opportunity: Your Choice for how you are going to participate in your present and future.
3. Phase out any present obligations that you do not want to repeat. You need to de-clutter your Life by identifying those behaviors, relationships, and tasks of Life that you want to maintain and those that you don't. By doing so, you can choose to include only those that appeal to you. It may take some Time “BuT” if you repeat these activities on a daily basis, you will become an expert about controlling these choices and find yourself choosing your way of conducting your Life and with whom. I realize that you can't control every aspect of Life. I suggest, however, that by doing what was just stated, you can have major impact on most everything that is under your control.
4. Create a Life plan of your choice/create a new daily routine. As you determine what to keep, continually remind yourself that your daily routine is easier to follow if it is a routine; that your routine is to build a routine. By doing this, you create a flow that feels right. “It” then becomes yours to modify as Life presents its needs for you to adapt. Without this plan, Life runs you, instead of you running “It”.
5. Prioritize and stay focused. Since you have determined that “It” is your life and that these are your priorities, stick to them. It is obvious that these may not be everyone else's priorities and that's OK. Take care of yours and oblige theirs', as and if, they become complementary to yours.
6. Set your options around your mandatory schedules. In my opinion, there are certain non-negotiable aspects to a quality life. Unless you prioritize them and build the rest of your life around them, no one else will take care of them for you. They are: extreme self-care, quality intimate relationships, a sound financial plan, a supportive, safe environment, meaningful employment and/or education, stress reduction, personal development, joy/recreation and spirituality. After all of these conditions are in place, you are free to add to them as long as they are complementary and you have the Time.
7. Reduce your interruptions by creating strong boundaries. By predetermining your life as described above, you have determined who gets in, when, how, where, and why. You can clearly state to any and all: “I am sorry but I am unable to participate at this point in my Life. Thank you for asking”.
8. Manage your time and all of your commitments. Now that you have made all of the above determinations and boundaries, it is extremely important to structure your life to successfully accomplish what you have decided to do. Only then, can you take full credit for living the Life of your design and dreams. Only then can you have full reason to maintain or modify whatever you choose as Life goes on.
9. Under-promise and over-deliver. By under-promising and over-producing, we are always able to give more than expected to the service of others. This leads all of us to feel abundance and the joys thereof.
10. Remember that you are only human and your Life clock is ticking! My greatest desire is to continually improve my plan for ultimate happiness in my Life. By accepting that I can't control it all, I am now free to give my best to doing my best, at all Times, to all that I choose, with all who I choose, during the Life I have left. I wish the same for you.