



Controlling THIS avoids exhaustion...

Until I am measured, I am not known, yet how you miss me, when I have flown. (Time) Stephen Covey, a renowned author on leadership, knows a thing or two about time management and efficiency. Time managed poorly can lead to debilitating fatigue and loss of joy in life. What a waste! We only have a finite amount of it and we don't know how much time we have, so to spend it unwisely can easily lead to feeling pounded by regret. It's time to take control.

Which circle do you spend your time in?

Circle of Influence 😊 vs Circle of Concern 😞

According to Covey, there are two main circles we operate out of daily: the Circle of Concern and the Circle of Influence. There's any easy way to tell which one you're in: if you're focusing your attention, worry and time on something that you **are able to create change in**, then you're operating out of a circle of influence. This means that what you do has a direct and obvious impact on results and outcomes. Things like: maintaining health and wellbeing, having quality time with loved ones, getting work done, are all examples of things which can be influenced directly by energy and focus.

On the other hand, the opinion of strangers, a celebrity's marriage break-up or the latest political issue is **not likely to be affected** by the average person's concern or attention. Gossip falls into this category and taking responsibility for someone else's life and how they live it. These can all be very time consuming and yet the time and energy is wasted because the power to cause direct change in the circle of concern is negligible. More time spent here robs time from the circle of influence and can quickly spiral to deep, long-lived regrets.

Spend time wisely on things that matter, which you can control

Over the coming week, a useful experiment could be to be curious about the tasks that are taking time and determining whether they fall into the area of concern or influence. If they are merely concerns, it's worth getting ruthless and diverting time back to more important matters. Want to feel more energetic and happier in 4 weeks? This could make all the difference. Time is precious and finite. Become influential and guard time vigilantly!

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Time is the most precious commodity we have
- ✓ Stay in the circle of influence - this is what you can change and affect
- ✓ Avoid concerns over which it's impossible to have influence, they rob life!

"Don't spend time beating on a wall hoping it will change into a door."

Coco Chanel

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