



The Trance of Scarcity

Is there ever enough: money, love, time... how often have you heard (or said): "I don't have enough time"... or "I wish I had more time"... MORE TIME? REALLY?

Victoria Castle, in her "best seller?" "The Trance of Scarcity" refers to how we all honor our values:

"...our two most precious commodities—time and money—are good indexes for what really matters to us. We vote with our calendars and our checkbooks." P. 158

You may not know, but there are 168 hours in every week... We each have the same, no more, no less. You, me, Einstein, all of us!

How do are you using your time?

I encourage you now, do a quick assessment of your time... and thus one quick glimpse of how you are (or are not) honoring what you value. Here is a quick an easy exercise:

1. Take out a blank sheet of paper, at the top write in big numbers and letters: **168 hours** (yes, it does help to write it big 😊)
2. Now, start listing your activities, the 'things you do to take up your time'. A common example might be:
 - 56 hours: work
 - 10 hours commute
 - 56 hours sleep (that's 8 hours per night, for those mathematically challenged)
 - 10 hours meals
 - 10 hours internet/television
 - 10 hours household activities
 - 10 hours personal hygiene
 - 6 hours other? (this would be free time, relationship nourishing time, self nourishing time, see a trend here?)

Go ahead now and do complete the exercise. If your are like most people, you have some hours to 'account for'. Another more thorough and lengthy exercise is to document, daily, for one week each activity and the time you take in each...



So what do you notice? How do you use your time? What does it say about what you value now with your time?

Here is another exercise you can do to 'check in' on yourself about the choices you may want to make: From time to time, ask yourself: "Is what I'm doing right now, really what I want to be doing right now?"

Listen for the answer, notice...then follow your heart...