



“I just don’t have the time!”

Be honest, how often do you say this in a day? When your mother calls you to chat, your friend wants to hang out, or asks for your assistance? There’s just not enough time for everything, is there? Turns out, we’re all suffering from a shortage of time, officially known as time famine.



As dramatic as that sounds, it means we’re starving for more time, with an overload of things to get done. We have faster cars, high-speed internet, online shopping, and doorstep delivery. There are so many means of saving time, yet we still don’t have enough time, when science and technology have made everything far less time-consuming.

To understand why that’s the case, we can break it down to at least three reasons:



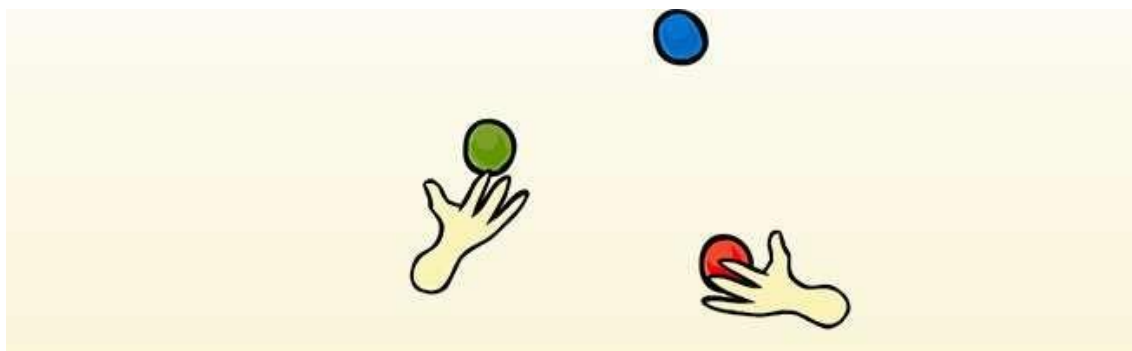
1. Disorganised schedule

As boring as they sound, having a set schedule actually saves you a lot of time every day. When you set aside time for every necessary task of the day, it is more likely to get done. When you don't have an organized schedule, and you have to make quick choices last minute, the stress leaves you picking what's convenient or easier, and less time to complete what's more time-consuming.



2. Losing track of time

Sometimes when we're lost in tasks we don't realize the passage of time, especially if we don't set mini-deadlines for ourselves. We forget to include the time we spend day-dreaming or getting distracted, which is only natural. But in the process, we end up with less time for what else is remaining for the day.



3. Multitasking

In trying to save time by doing more than one thing, the quality of our work reduces, and so does our productivity. Although multitasking is supposed to save time, when we use it on tasks that require engagement and attention, we end up with insufficient results. Thereby needing more time to correct and improve each of these tasks individually.

So what's the solution?



Relentless Prioritization. We all know what prioritizing means, but turns out we're pretty bad at being consistent with it. So we need to stop to ask ourselves what is absolutely necessary at the given moment and get it done. And then repeat the process. Clear priorities equal clear goals, making it harder for distractions to come in the way.

Are you struggling to find more time in the day? Come talk to our experts about how you can improve your prioritization.

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If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com.

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