

# I don't have time!



The biggest roadblock to success is the belief “I don’t have time”. I’d like to go to the gym, but I don’t have the time. I’d like to read books about parenting, but I don’t have time. I should call my mother more, but I don’t have time.

When someone says they don’t have enough time, they are really saying, “That’s not important enough to me” or “I don’t want to try because I could fail” or “That would be uncomfortable so I’d rather not”.

Most people would not be “too busy” to drive for 2 hours every day to pick up a check for \$250. But that same person who has time to drive 2 hours is “too busy” to exercise for 30 minutes! Why? \$250 has a **direct tangible benefit and no risk of failure or discomfort**.

Also, understand that the thought of “I don’t have time” is just a perception from your negative subconscious brain. Remember, your brain has lots of thoughts like “You’re so slow,” “You’re not good at this,” “That will turn out wrong,” “That won’t work,” etc. “I don’t have time” is just one of those thoughts your brain can produce that works very effectively at keeping you stuck but comfortable—just what your brain wants (comfort and pain avoidance)

As you know getting healthy and staying healthy will require you to replace what you’re currently doing with doing what causes the results you want. 99% of the time it’s not actually a matter of enough time, but really a matter of not wanting to change your routine or thinking your routine is “unchangeable”. This illogical human behavior is well illustrated in that even a new daily task in one’s life as easy as taking a pill can be very difficult because of the subconscious power of one’s routine.

The other important consideration for the belief “I don’t have enough time” is that it allows a person to find relief from responsibility. If a task presents a potential for stress, pain, discomfort or failure, the excuse “I don’t have the time” is a very effective way to avoid this.

**The excuse “I don’t have the time” is so effective because it is hard to disprove and easy to believe.** When a person truly convinces themselves (and others) that they just don’t have the time, they can enjoy wonderful relief from feeling bad about not doing something.

Looking at your day “on paper” really helps you “see” where you do have time.

# SUCCESS ASSIGNMENT

In the past week what has the excuse “I don’t have the time” allowed you to put off or avoid?

- 1.
- 2.
- 3.

Think about how it made you feel to use the “I don’t have time” excuse. When you think about it consciously, had you just got it done, or started it, how do you think you would have felt?

Often the “I don’t have time” excuse comes from the feeling of not getting anything done. In reality, you get a lot of things done, but you just don’t notice them and allow yourself to feel good about it. Making a list of “Things to do Today” is a VERY powerful tool to help you feel good about your ability to get things done and therefore feel less like using the “I don’t have time” excuse.

**Get yourself a planner notebook and start listing what you need and want to do each day and check things off. It really helps you feel better about what you are accomplishing and you get more done!**



To get the outcome of living healthy, you’ll need to find a time to start doing different things in your life. It is very helpful to step back and look at your schedule to see REALLY where you do have time and the things you’re doing that are wasting time. Use the following page to develop a routine that includes regular exercise and finding time to shop for and cook healthy foods, bring them to work, etc. Using a chart like this allows you to be honest with yourself and kill the “I don’t have time” excuse before it sabotages your success!

## Weekend

4 am

5 am

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm

11 pm

## Weekdays

4 am

5 am

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm

11 pm