

The Reason You Can't Is The Reason You Need To



Most of us take time every day to prioritize our schedules, but rarely do we take time to schedule our priorities.

When working with clients, I often hear them say, “I just don’t have time to do the things I know I should be doing”. Whether that’s exercise, spending time with family, working on [high payoff activities](#), or taking some time just for you, **the reason you can’t is the very reason you need to.**

What are your [goals](#)? What do you want to accomplish? What is important to you? We often get so caught up in day-to-day activities that we forget to focus on the bigger picture. Then, we look up and ten years have gone by, and we are often no closer to accomplishing our goals than we were before.

Regardless of what we say is important to us, what we actually do with our time reflects our true priorities and choices.

Start with your big picture [goals](#) and work backwards. What do you need to do on a quarterly, monthly, weekly, and daily basis to reach those goals? If we don’t know what the end result should look like, how do we know what activities should take precedence over others?

Remember, if you always do what you’ve always done, you’ll always get what you’ve always gotten. Be proactive and deliberate about where you spend your time. Identify your goals, in all areas of your life, and work backwards. **YOU ARE WORTH IT!**

Posted on September 9, 2012 by Anne in Attitude and Motivation, Leadership,