

# Time Abundance Poster

"Once you have all your current jobs set into specific times on your calendar, make it a habit to always enter any task immediately into your schedule and into a specific time slot."

"...having particular structures set up ahead of time saves me a great deal of time during the process of the activities themselves."

"... 'be with' whatever is in front of you, and 'live each moment' without 'being' somewhere else - you will move through your days more gracefully..."

"You receive the gift of 1,440 minutes every single day... do you allow many of these to be frittered away because you know that there are another 1,440 minutes on its way tomorrow?"

"There are many ways in which all of us can double up, or chunk, particular activities to make more effective use of our time."

"Holographic meditation can take five to twenty minutes. You can use this to manifest things, events, and situations that you desire."

"Knowing that you have a limited time in which to accomplish a project helps your subconscious to come up with creative ideas to save time on that task."

"You too can choose to take a few minutes each day for sunrises and sunsets, and for clouds and for stars."

"Break the habit of putting things aside in the 'later' category or collecting items in a shed, closet, drawer or shelf."

"When you set aside time every day toward the accomplishment of your vision, you will find that surprising things begin to manifest."

"... use short workout breaks for vitality, blood flow & increased awareness, especially if you work at a 'desk job'."

"What new 'rules' about time could you take on board to change your current experience of reality?"

"When you're feeling sluggish and low on energy, it's time to look at your daily habits with regard your state of health."

"Over the course of time you can literally save hundreds of hours and hundreds of dollars by simplifying your diet and eating more like your ancestors did."

"Making and keeping promises to ourselves precedes making and keeping promises to others."  
- Stephen Covey -

Whatever you  
focus on  
WILL expand