



NO TIME



Allocate 5 minutes every day for NO TIME or idleness.

Don't turn this into another 'job' but give it enough importance that you literally make an appointment with yourself and keep it.

If, for some reason, you can't do it at the scheduled time, reschedule it - don't cancel or forget it.

Set an alarm so that you don't clock watch.

You can do whatever you like in that 5 minutes, as long as it fills no agenda such as, using that time to check your emails or make that call you've been meaning to make. Instead, allow the mind to wander, to drift, to day dream.

My thoughts on this are that it is a lost part of our nature and we are lesser for this loss. Its value lies in many areas.

It allows the mind to decompress,
Promotes original thought,
it is the part of us that creates.

If you struggle with this, it is a good sign that it could be of benefit to you. Try it for a few weeks and see.