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| You Lost an Hour Today |

You lost an hour last night.Yes, the dreaded "spring forward" of daylight savings time. In Australia we set our clocks ahead one-hour to shift the day for more daylight and the seasons.Of course, this means one less hour in your day today.What did you lose? Sleep? Exercise? Quiet time?

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| Mindful of Your Time |

Myself, I ***chose*** to lose sleep.(Note: It was a *choice...*) making conscious choices about what you are doing each and every day.Too often, we [go with the flow](http://clicks.aweber.com/y/ct/?l=Ey2wk&m=3klAn5jaXgeykCU&b=FkyHlfch95XTtxsfpGgCIg). Or charge into the day without a plan or with disregard to our priorities.As the saying goes, ***"Don't confuse being busy with being productive."***Today, you have one less hour in your day.Make sure you make conscious choices about how you spend the remaining time.Be ***mindful*** of what you do with your time today and every day.Every hour you have is precious. |

