|  |  |  |
| --- | --- | --- |
| |  | | --- | | 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?   |  | | --- | | 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. |

