

EXCUSE ME; WHAT IS THE TIME BY YOUR WATCH?

How frequent do you watch your watch and do what it says?

ENG. FRED.W. WAFULA

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DEDICATION

My sincere dedication of this entire volume of the book goes to any visionary, focused individual on the phase of the earth whose reality has been robbed causing both spiritual and natural blessings to be thwarted due to lack of diligence, acquaintance and careful attention on the details of time management. To anybody who is claiming that their current time account balance is registering zero, this book is a prescribed medication against this virus corroding your efforts causing you fossilized. Allow this manuscript blanket you with the hard truths of what time can make you become in life.

FOREWORD

This book is quite a well drafted manuscript that brings to every human in existence an irreplaceable treasure called Time. One of the ancient authors in History John F. Kennedy mentioned that “*We must use time as a tool, not as a couch.*”

This brings in the clarity of picture that Time is a tool that can be used to deliver many products in Life.

“*Time is a rigid, bone like structure, extending infinitely ahead and behind, fossilizing the future as well as the past*” as quoted by this seasoned author is a very powerful statement that describes Time in the three dimensions of life, the past, present and the future. The firmness of this statement shows the immeasurable value of Time.

The biblical insight on time cannot be overlooked. God, the creator of all has placed this treasure in the capacity of every creature that He made. A man may insufficiently supply materially but Time is eternally given. No one can take time from your hands. You are your own defining element on how your time will exist within you. It is wonderfully appealing that every man’s time begins its count at conception, what a privilege given divinely to man.

Reading this book brings a close detail on the mystery of time. Time is a creative Tool that can create life in an individual depending on how it is used. The predicament on the ignorance in understanding how dearly we should hold the treasure of time is very tragic. Men have lost it because they mishandled the dealings of time at one point in Life. A big applause to this book that politely aligns and

presents to us time in a more elaborate way that every reader will find joy in engagement.

This book will trigger the following critical and baseline questions to every intensive reader,

- ❖ What defines my existence?
- ❖ Why am I here at this time?
- ❖ Where will I be in the next second from now?

All these questions are anchored on the creative power of time. You can only become what you decide to do with your time. You can change to better versions once the questions of Time are well and honestly answered.

“My dear friend, you should be very keen with your time because it can turn you into anything or anyone depending on how you are using it” This is a very captive and a weighty statement that brings into a broad picture the power of time. When I read this statement, my heartbeat pace went faster, IT CAN TURN YOU INTO ANYTHING OR ANYONE. This powerful tool just like the shepherd’s dagger that can shape any trunk into a wonderful shepherd stick.

I am hereby calling all individuals that love themselves and would want to place some inscribable value in their life to take heartily the instructions of this great book.

Reading this book brings into realization that;

- Time will be your close ally that needs to be guarded jealously.

- No great individual that has ever excelled on a borrowed time.
- Time is like a ship that will ferry all, those who know the reason of their pilgrimage and those who doesn't.
- It's respect to recognize and value other people's time,
- You adjust your own watch and define your speed and pace in life
- Punctuality is discipline
- Time is life.
- Time waits for no man, every micro second should be utilized.
- Time is an investment.

Look at this statement by this ancient writer— William Penn
“Time is what we want most but what we use worst.” It is the high time we heal from this transitional malady and save our future.

With all joy I recommend this book to all men of dreamers of great destiny since the baseline is what occupies your time. Let us Read, let us lead.

JEREMY MULI

C.E.O UET KENYA

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INTRODUCTION

I never knew how to unfold the beauty of life until I stumbled on the most common and precious gift of God to humanity called **TIME**. I have always imagined how this universal gift has calmed the contending kings of the earth. I have just been wondering on how it has unmasked falsehood and brought truth to light. How it has awakened and sentinels the night. How fast it has wronged the wronger until they render right. The way it has ruinate proud buildings with its hours, smearing with dust their glittering golden towers. It's still unbelievable to me how it has filled with worm holes stately monument and fed oblivion with decay things. How it has blotted old books with their contents. How it has spoiled antiquities of hammered steel. How it has shown the beldam daughters of her daughter. How it has transformed a man into a child and a child into a man. How it has slayed the tiger that does live by slaughter. How it has cheered the farmer with increase in crops. I think Allan light must have deeply felt its impact when he concluded “*Time is a rigid, bone like structure, extending infinitely ahead and behind, fossilizing the future as well as the past*”

I think if there is something that God invented and evenly distributed to humanity beyond measure from all occupations, then it is time. From small to great, rich to poor, black to white, from beggars to givers, we all have equal access to time and chance no matter our capacity to handle it. Just as the bible states in the book of ecclesiastes9:11 that, ‘*the race is not to the swift, or battle to the strong, nor does food come to the wise or wealth to the brilliant or favour to the learned, but time and chance happens to them all*’. That's to simply say no one should claim to be bankrupt of time and

opportunity to do something or be somebody they desire to be. Time has surrendered its value to us. If you read bible keenly, you will discover that time was one of Gods priority that He created before creating a man. That is to mean that before man was, time was. Thus, man was now to function within the parameters of the allocated time to procreate, discover himself and advance the creation of God. Unfortunately, due to the misuse of his time allowing to be misled and deceived by the devil, he fell short of the glory of God, side stepped and missed the mark. Instead of using the precious opportunity and time to cultivate the potential God had put in him, the very precious moment was wasted on heeding the lies and connings of the old serpent. This finally delayed Gods plan with a man he created in his own image and likeness. This was the outcome of his time mismanagement syndrome manifested in him. You will see from the scriptures that before things fell apart, Adam used his time meaningfully, by having a quality fellowship with God. They could have ample time with God in the Garden of Eden. However, when the time was misused, the fellowship was lost.

I was just imagining how everything would have been to man if he would have replied to the devil when he was attempting to deceive him, “Get out of my sight Satan! I don’t have time for you!”. Then I think he would have enjoyed good fellowship with the lord God forever as God had promised him. You’ll realized that the later offspring of Adam like Abel, Enoch, Abraham, Moses among others who adequately used their time to serve God were the elders whom the bible in **Hebrews11: 8-32** recommended as men who through faith obtained a good report. We get a positive report from them because of how they utilized their time in walking with the lord God, maximizing their time fully and heeding His voice.

Unfortunately, instead of humanity inheriting this habit of time management, you will discover that from that day, the narrative about time management has taken a different direction. You will notice that the culture of time mismanagement has successively replaced the aspect of quality time management. Only few individuals have managed to take time into serious consideration to advance their life and even Gods creation. As you can see in this 21st century generation, a lot of evolutions, discoveries, inventions have been experienced in every corner of life due to few individuals who have paid close attention to time factor and used it appropriately. Yahai lababidi has helped me to agree with these occurrences when he disclosed, ***“Time is a great engraver or eraser”***

Thus, due to the adverse effects of time to humanity and questions, arising in everyone’s upstairs as to how sometimes time unfolds certain realities in this life, I was inspired to script and demystify some mysteries in this book concerning time. I have devoted myself into deep exigencies about the whole content of time. You know time is where we are confined by God and that’s why we need deep knowledge about it. Remember, if you don’t know what you’ve, then you will act beside yourself. It is like acting like a beggar when you have resources and all that you need in surplus surrounding you. Similarly, if you don’t know the facts about your time, then you’ll underutilize the resources within and around you, acting like you have nothing. You will fail to occupy until our lord and saviour Jesus Christ comes back to decide you real destination. In your funeral, people may pamper you with sweet recommendable hymns, with sweet ‘rest in peace’ choruses, but deep in you know you have left the rest in pieces due how you misused your time.

Moreover, at the end of the day, they will wonder with the way you disregarded time, if for sure you are in eternal peace or eternal pieces. The greatest need of anybody in this life is knowledge, because if you've something and you don't have a manual concerning its usage, then you will perceive it as waste product in your hands. It's like having a nice expensive phone, but you don't know its operating principles.

Actually, the precise knowledge in this book will help one to know how to fall in love with time, which will in turn make them fall in love with your life effectively. It will enable to create harmony between balance and moderation within the confines of one's life because that is what time management is all about. This material is here not only to point out things you need to do daily, but to improve your overall quality of life. Your ability to master fine insights on time management will be directly proportional to insurance policy against rumours of failure seeking to devour your life. Remember, there is more beauty and benefits in life than just focusing on the rate of its speed. You can be in a hurry in life but heading in doom. This book is in your hands now to increase the quality of joy and happiness you have been incurring in life. I discovered that most of us love blaming the companies we keep due to lack of deep analysis of how we factor out our time. However, before you go further and begin pointing fingers on who and what is affecting your state of mind, hold on and read through this book first. It's good to know when the '*skies began to fall*' and '*toilets began to break*' in your entire life. Know when, where and how your time perception has contributed to your entire downfall.

CHAPTER ONE

EXCUSE ME; WHAT'S THE TIME BY YOUR WATCH?

“So, I went to buy a watch and the man in the shop said “analogue” I said no just a watch” (Time vine)

I have developed and loved the culture of watch wearing since I was young from teenage stage. I saw it as an ornament of honour, which through it I could command respect from my colleagues and relatives even if they did not love my face. I saw the practice as the next step of making it in life. Unfortunately, it was not for enhancing my ability to be punctual and reap the benefits of my punctuality but to command respect from the surroundings. Unlike Jeanette Walls perceived *“watches were practical. They are for people on the run, people with appointments to keep and schedules to meet”*, but for me that perception wasn't the one overshadowing my mind. My friends and relatives could praise me due to the nature and cost of the watch I used to wear. They could spread rumours all over on the worth of the watch I had. This could make me feel rejuvenated and stay happy throughout the day. But to your surprise, above all the praises and compliments, I was very poor when it came to time management factor. I could still afford to appear late in the meetings with such a costly watch. I thought this watch could rescue and help me nurture my time investment and spending skills but I never knew the level of deception that was carrying me. I discovered that even those who had no watch are

miles ahead of me in terms of their personal, spiritual and mental growth. I saw friends thriving and exploring virgin zones in life that I had never known if they really existed. Later, I came to discover that the problem was with me, and guess where the problem was “my attitude” towards watch wearing

Just as I was victimized, during those days when the ‘expensive watch wearing’ attitude used to colonise my mind, I believe majority of us have suffered hard blows and waves of painful life no matter the high price of their watches. To many of us, as our watches and clocks keep ticking, hours going by, past increasing and future preceding, it has been a moment of possibility decreasing and regrets mounting. After we have fallen victims of time squandering, wasting and misusing it with the expensive watch we do wear, it’s when we discover that it’s not just a watch that matter. However, it is about the attitude employed on the very watches that we brag around with. You know most of us have been carried with a mind-set that ***‘expensive watches give birth to good time management skills that can yield to an expensive life style’***. When we encounter such individuals, we tend to think that they are good time managers, but we fail to comprehend that those very expensive watches with poor attitude have contributed to misuse of our very time. My dear reader, show me the value of your watch not the price and I will tell you how you spend your time. Show me how you’ve fallen in love with the ticking pattern of your watch and I will show you the direction you’re heading to in life. I tend to believe that the most expensive watch is one wired in your mind and not one tied on your hand. Angelus Sir lesius approved this when he said *“Time is of your own making. Its clocks tick in your head. The moment you stop thought, time too stops dead”* This is because when you’ve

watch in your head, your schedule will be clicking in your mind thus chances of mishandling your precious time becomes very low. You will be able to know what to do and at what time because the programmed watch in your upstairs will keep on alarming and ticking in your brains. By so doing, you will never make a premature decision or poor judgement concerning time. Time will be your best counsellor and director. It will help you align your priorities especially when it comes to doing the first things first. You will not just gaze at it; instead, you will do its norm and follow its direction. That's to say, you will keep going as it goes and do what it does. By the end of the day, you will not fall in a trap of asking yourself questions like, "how did it get so late so soon"? This is because you will be fully maximizing every second of your life to become something better. As a result, you will have vaccinated yourself against cancer of time that nowadays eats people's life mercilessly.

It's very pathetic when I noticed that most of us are hardly ever grateful for our fine clocks and watches when they go right. Yes, we pay attention to it but only when it flatters. Later on, we're caught by surprise when it has gone too fast but when we look at our lives, nothing significant we have achieved. Remember, if you're in disagreement with your watch, by not doing what it does and commands you to do, then its better staying watch less. Remember a person who does not watch his watch cannot have an advantage over a man who does not have or rarely wears a watch. It's quite understanding that the distance between two points is time. In other words, the gap between goals and realities is filled with time. However, how the goals come to meet the realities is determined by how you value and honour that gap i.e. time. This

gap will look so wide or small depending on how you will perceive or use it.

From one generation to the other, time has been actually ruling entity to every individual. It has been our gambling partner on the other side of the table holding all the cards of the deck in its hand. Every individual has to guess the winning cards of his life. The reason why you can easily notice a difference in terms of financial, spiritual and social muscles in individuals is the kind of cards individuals select from time. Everyone becomes exactly what he has taken from time. Julian Barnes pointed out *“we live in time. It holds and moulds us, but I never felt I understood it very well. Moreover, am not referring to theories about how it bends and doubles back or may exist elsewhere I parallel versions. No, I mean ordinary every daytime, which clocks and watches assure us passes regularly; tick tock click clock. Is there anything more plausible than a second hand? Yet it takes only the smallest pleasure or pain to teach us time's malleability. Some emotions speed it up, others slow it down, and occasionally it seems to go missing. Until the eventual point when it really does go missing, never to return”*. My dear friend, you should be very keen with your time because it can turn you into anything or anyone depending on how you are using it. That's to say today you're the way you are now not because of the quality of the watch you've, but because of the time that has been busy moulding you.

Let me be sincere with you, if you don't watch your watch, then people will watch your failures and downfall. I tell you from experience that as long as you're arrogant to what can quicken your responsibility spirit, then you're almost inviting yourself in failure conferences. If you fail to frequently watch at your clock or watch

and know what you should be doing at what time, then you'll become a culprit who will always be complaining of its brevity. The line has been now drawn my dear reader. Those whom you thought are slow and don't have what it takes to afford the kind of the watch you have are now becoming fast just like the present is becoming past. Look up my dear reader! The order is rapidly fading. Unfortunately, nowadays, those who put their trust in watch prices are almost becoming the last ones. What am I saying here? The times are changing so you have to adjust yourself accordingly and appropriately.

Adjusting forward the hand of watch doesn't make you advance the hour

I have encountered many people who are used to adjusting their watches ahead so that it helps them to be punctual and avoid procrastination in their daily activities. They feel that this technic will help them manage their time by doing things fast when shortcuts are applied. This habit has been the cause behind substandard productions in most companies. Half-baked truths have been posted on social medias due to this habit. This habit has been the reason behind accidents on the highways due to lateness claim. In most construction sites, low quality structures have been realized. Friends, this habit can't help you save time and increase the speed and quality of your production. In fact, it only makes you crazy with time factor and it can't help you advance your time manners. With it, you may end up being ashamed in front of the masses. After you've convinced yourself that it is time for a particular programme, and then you hear everyone around you nodding and shouting, 'no, your watch is lying!', that's when you will discover that your watch was innocent from the manufacturer.

There is no big deal in matters of managing your time friends. The best thing you can do in this case is just to synchronize your watch with the standard time at hand. It doesn't hurt when you're operating in harmony with your present time as long as you're doing the right thing at the right time. When you are in harmony with the present time, it helps, you cultivate the discipline of time management in you. And if by any reason your watch begins to operate beyond the standard time, it is advisable to synchronize it with the present time appropriately. This will help you to avoid being lured by its abnormal behavioural patterns. In short, just keep watching your watch and be responsible about it. And please if you don't own one, ensure you buy one and use it for effective personal planning. Just go for a watch not the price and watch it frequently. Let people around you know that you are organized just like Flavor Flav with her first watch when he bragged *“since 1987, when I got my first one, I have been wearing a clock around my neck 24/7. You feel me?”*

Your watch is your punctuality, lack of it is a thief of time

They say that punctuality robs you time, but the reality is that if there's a habit that has been highly recommended and honoured by societies as one of the best qualities one can possess, then its punctuality. With its side effects such as a sense of worthlessness when whoever you're meeting doesn't deem you to be important enough to turn up on time and boredom as you wait around and twiddle your thumbs waiting for the person to arrive, punctuality has been the most recommended culture amongst the societies today. When we talk of punctuality, we refer to ability of being able to complete a required task or fulfil an obligation before or at a previously designated time. It's actually being on time. It's said,

‘*manners make men*’. So don’t be late please, it’s a sign that you respect others time.

Allow me to narrate to you a short story of a certain businessperson within our locality whose life was characterised by scrupulous regard to punctuality due to his constant and habitual watching of his watch. During those times, there was a certain distributor in whom he was interested in taking his goods to arrive at 6:00am in the morning. Unfortunately, when the man arrived 15mins late, he was told by one of the workers that, “the boss has been waiting there at 6:00am but moved to another task. He has told us not to buy your goods until he comes back”. In other incident, he had a meeting with his fellow businessmen in a certain hotel upon which they had agreed meeting time to be exactly 12 pm. However, at 12pm noon, he was seen in the conference door striding into the room just as the clock was striking 12pm. His promptness could sometimes be extended to mealtimes as well. He ate dinner each day at exactly 4 o’ clock and when he could invite workers or friends to dine with him, they could always be surprised to find him always halfway or pushing back from the table. To any of his startled, tardy guest, he would say “*we’re punctual here. My customers never ask if goods have arrived, but whether the hour has come*”. And when one of his workers happens to arrive late at workplace and blamed the watch for his tardiness, he could quietly reply “*then you must watch your watch or buy another one, or I another worker*”

This man’s passions for punctuality was born from his youthful love of wearing watches with a right attitude. To him, being on time was a way of showing respect to others and expected to be treated with the same level of respect in return. He could always advice his

workers to undertake not what they can't perform but to be careful to keep their promise. I know we are in a 'slow but sure' age characterized by powdered wigs, but I tell you being punctual is just as important as it ever was. From past generations, it has been called homely but solidified virtue. It doesn't cause one's muscles to swell in the way that pondering courage or resolution does. However, being associated with punctuality is being disciplined and self-mastery, being integral and full of respect of your time. I do call it essential component of the character of an upstanding individual. William Makepeace Thayer discovered "*the habit of being prompt once formed extends to everything- meeting friends, paying dates, going to church, reaching and leaving place of business, keeping promises, retiring at night and rising in the morning, going to the lecture and indeed to every relation and act however trivial it may seem to observers*".

However, the benefits of punctuality are not universal and vary from culture to culture. In fact, from my personal research, I have discovered that there are two types of people or cultures. This includes **monochronic** and **polychronic** cultures. With monochronic kind of people, they view time as formal measurement and prefer schedules, structured heavily in time. They recognize and care that time is split into hours, minutes, and seconds and prefers things to run on a set schedule. They actually tend to create very detailed plans and expect others to fit within them. However, with polychronic cultures, they perceive time as a non-issue and an in-format measurement for planning. To them, time is a continuous and perpetually following. At work place, they prefer in structured time. They view a concept of 'on time' as being meaningless. Therefore, despite of this second group of people,

their time perception doesn't negate the value of punctuality to an individual living in the midst of that society. The reality is that you'll always incur greater benefits if you fully embrace this virtue. Lord Nelson is one of the beneficiaries of punctuality when he revealed '*I have always been a quarter of an hour before my time, and it has made a man of me*'

Why punctuality matters

a) *Being punctual strengthens and reveals your integrity*

For instance, if you tell someone that, you will meet him or her at a certain point at a certain time; you have essentially made a promise to him. Moreover, if you say you will be there by 12pm and arrive at 12:15pm, then you have essentially broken that promise. Actually, being on time simply shows that you are a man of your own word.

b) *Punctuality shows that you're dependable*

Punctuality proves that you are reliable. A person can always be found at his work place carrying out the duties necessary at that particular time. People are able to know that they can rely on you. They become sure, when you say you will show up at certain place on time, then you'll be there. Nevertheless, if you are not punctual no one can rely on you since they are not sure where you'll be when they are in need of you. Your associates will begin to feel you can't organize your own time and this matter will seep into matters beyond clock. This will naturally raise the question 'if he's careless about time, what else is he careless about?' Benjamin Franklin once said to an employee who was chronically late, but always ready with an excuse '*I have generally found*

that the man who is good at an excuse is good for nothing else''

C) *Being punctual can help you build your self- esteem*

Showing up at any meeting on time teaches you that you can depend on yourself. The more promises you keep; the more your self-esteem grows. And the more you gain in self- mastery, the less you will be at mercy of your compulsions and habits and the more you will become in control of your life

d) *Punctuality assures that you're delivering your best*

After riding someone's car, speeding it like maniac, mad man or lunatic, scanning for police officer or cops and cursing at red lights, it is hard to then turn your focus to making a good presentation at a meeting. You're shaky and depleted from the adrenaline and stress. But when you show up late, you have few minutes to collect your thoughts, review your materials and get your game face on.

f) *It's a discipline initiator*

A man whose punctual always proves that he can organize his time, that he pays attention to details and that he can put aside this to do that. He can simply lay aside pleasure to do business.

g) *It shows your level of humility*

There is a maxim which states “*always late, but worth the wait*”. This shows that tardiness and an over estimation of one's worth goes hand in hand. People will be happy to see you arriving early but very happier when you had arrived on time.

On the other hand, lack of punctuality in your daily routines makes you undergo the following shortcomings;

1) It makes you a thief of time

This seems a plain and tough truth, but simply a clear truth. The reality is that when you make others to wait for you, you rob minutes from their time account which they will never get back. That very time that they could have turned into important time activities will be fully gone. In sacrificing their time to meet you at the agreed time- woken up early, cut short their workout, told their families they're heading into an important meeting, and unfortunately your lateness negates or nullifies those sacrifices. I tell you the truth, stealing 10minutes from such kind of a person is equivalent to stealing 1000sh from his wallet.

2) Failing to perform effectively

Rolling on from indecision is incompetence. When we stop taking accountability for own choices, we start dropping the ball.

3) Finding it hard to make decision

Lateness is blight to those who find it hard to prioritize. Ultimately, you reach a sort of mental stalemate.

Motivation for lateness

Do you remember that day you appeared somewhere either to meet somebody or in an interview or cooperate meeting with some important people? When they questioned you why you've come late what was your excuse for your arrival at that point against the agreed time? Whatever the answer you gave is what I refer to

motivation for lateness. That excuse is the very factor that pushed you to arrive late and I think the people you were meeting at that point might have had a different perception about you when you presented yourself at that poor time. Most people feel so depreciated when they have been waiting for you, as they stand or sit down scrolling their phones, looking up and down trying to imagine when and from which angle you will appear. Finally, you arrive majestically not even apologizing for keeping them at one point for so long.

Therefore, in conjunction with the reason that made you to arrive late, ***general lack of mindfulness*** can be another motivating factor. This is what I also refer to being reluctant to change the gear of your schedule. You find that it becomes too hard to change activity and start another one. We find absorbed too much in what we are doing and don't check on time and forget the time for the next meeting. We don't love putting off a certain activity and absorb other programmes easily. I even discovered that it becomes annoying when some of us are informed that it's time for another activity when we had put all of our concentration on a certain business. That's the reason why many people judge us as being selfish. As we tend to think and accept that we are terrible time keepers and we can't do anything about it. However, those waiting for us knows very well that it's a decision we ought to make if we want to be on time.

Another factor is ***when you're watching the clock but you have a trouble in adjusting your behaviour to shake off lateness***. This can be as a result of getting in what you're doing; see everything you want to do as a priority or get swept up in the inertia of doing. This is what I also refer to as a passive aggressiveness. In addition,

oversleeping can also be a contributing factor. You know there are some people who are so perfect with their beds, such that it's only an alarm that tries to break them up for a new day's activity. Some even disobeys their alarm and decide to sleep past the time they commanded the alarm to wake them up. This causes them to wake up very late past the time they are expected to be at the meeting, office or workplace. So, many of us find ourselves late because we just like to capture the attention or feeling the power you get when you finally enter a room or a meeting place. Lastly, when your internal clock is off and tells you that you got more time to finish what you're doing, then it's possible to be late.

A call on the motivation for punctuality

As much as lack of punctuality is a big deal to many individuals in our society today, there is a need for the consideration on individuals who are motivated to come late e.g. at workplace, interviews, meetings and conferences. I realized that some of these individuals do not just love the idea of lateness but they are also pushed by certain circumstances. Thus, there's a highest demand for others to rise and motivate them to adopt punctuality as an important culture. Remember that when an individual lacks motivation to overcome lateness, they eventually become less inspired to plan, fail to prioritize themselves and become susceptible to competing and impending motives during preparation and transit. Before I explore more on this matter, let us look first on the group of individuals who always shows up late at any meeting and their great cause.

The first group of people who are always late are called ***consequence avoiders***. They simply lack self-evaluative word

related motivation. To them, what actually motivates them to be on time is when they discover they are missing something at the end or their lateness may result into social or professional repercussion. They become chronically late if they anticipate that their bosses will not notice or let them off the hook. If they realize that their friends will not mind about their lateness, they make them keep waiting. They have no guilt or shame for lateness. They consider punctuality to be an arbitrary rule. They typically don't expect others to be punctual either.

Therefore, it is good to understand that such people grew up in cultures with related attitudes to arrival times, they were not exposed to and didn't internalize social norms of punctuality. They develop negative associations to the word 'late'. To them, it is not a big deal when somebody has been waiting for them for so long. They hardly develop planning and implementation skills fit for consistent punctuality.

The 2nd group of these kind of people are called ***consequence immune***. Under this category, they lack social consequence, destination, self-evaluative and word related motivation. They rely on their social status (class), or authority, or popularity to be late. They tend to think that those waiting for them don't have a right to question them for being late. A perfect example is when a healthcare doctor arrives late when the patients are waiting. Nevertheless, a business owner who ignores the fact that he's fostering a work culture forcing on displaying of power rather than production thus making employees equate lateness with higher status.

The 3rd group is referred to ***consequence insensitive***. This group of people knows very well that there will be social and professional repercussions for lateness but they worry less about it. They have savings and highest demanding skills that make them not concerned about job loss. They don't feel guilty about others waiting for them and doesn't worry about the undermining relationships. The final group of those who embrace lateness are called ***consequence resigned***. They feel negative emotions when they are late but those emotions don't motivate them to be on time. Such individuals are always depressed and hopelessness is a general attitude. They normally flinch when they think of being rejected due to their lateness habit, but the idea of dodging lateness seems pointless since they expect failures and resistance in every effort they incur. Their mental arousal is depressed making them hard to focus on personal planning and preparation. They eventually resign to lateness and its consequences. They preserve their self-esteem by telling others that lateness is not a big deal.

My dear friend, you may have encountered individuals who have been victimized by one of those groups. Therefore, there rises a need for you to motivate them to embrace punctuality. I understand there are many reasons why the individuals we desire to encounter arrive late, but it is always good to remind them the importance of coming early. It is good to remind them how important it is to keep time. In the working environment or setup, it is good for employer to reward, promote, or congratulate those who arrive on time. This will stir up the 'early bird spirit' in them and in the immediate working environment. If you happen to book an appointment with someone, learn to appreciate him or her for coming early and being patient. You can do so by buying them a gift, topping up their

phones with airtime or surprise them with any gift. This act will print positive impressions on the walls of their minds and they will never fail to meet others on time. The left impression will keep them moving and soon their pattern on time management will change.

Nevertheless, Amit kalantri challenges me when he said “*punctuality isn’t just limited to arriving at the right time, it’s also about taking actions at the right time*”. Simple quiz, have you ever desired to take a certain step, and then before you take an action something whispers to your ears ‘*not the right time*’ It actually occurs when you’re committed in the right direction but wrong time. Like for an instance, a student doing personal studies when it is time for another lesson and a teacher is already in class. This displays a mistaken priority syndrome. Therefore, let motivation for punctuality lead you to doing the right thing at right time.

In life, don’t forget that you’ll never do what you desire without the habits of punctuality, order, diligence and without a determination to concentrate on one issue at time. Nevertheless, it’s very difficult to prove your self -reliable when you can’t watch your watch and people keep waiting on you. When you’re late and use other people’s time to outshine doesn’t make you shine more or make them respect you. Infact, it makes you reduce your self-esteem and dim the light within you to shine. Your punctuality is what will prove your faithfulness and dependability. However, lateness is linked to uninterested, apathy, procrastination, selfishness etc. It is like telling others who have come early ‘my time is more important than yours’

Advice to students on punctuality

For you students, remember punctuality is the stepping-stone towards discipline and being sincere. It's utmost important for you as a student to be punctual to attain success during your school life. It's a base in which you can shape your present and future life. When you're punctual in your school life, you're considered as one possessing a noble virtue. It will help you cultivate the habit of completing your tasks and assignments on time. Punctuality remains a key factor to the success of your school life. No one is born with this virtue; you just have to desire and develop it on personal levels. I promise you, when you'll decide to be punctual, you'll look healthy, fit, strong and trust worthy.

Teachers role on student's punctuality

On the other hand, teachers have a bigger role to play when it comes to helping students to maintain punctuality. It's true that committed students will show a lot of seriousness in the virtue of punctuality. However, when teachers and the school organization are the cause of their lateness, it becomes a hard task for the students to maintain that discipline. Therefore, one of the things teachers need to do to help students overcome lateness in schools and be punctual is to push back their starting time at least twenty minutes earlier than the set time. You know most of our students are at adolescent stage where they ignore the importance of sleep that their bodies require. It is a thinking and a pattern that has been passed on by their parents due to the public demand. Thus, most of them don't get enough rest because of either homework, projects or electronic distractions that later affects their better performance.

Nevertheless, teachers need to set clear expectations to further students' time management skills. Inform them that prompt attendance is expected for them if they want to register a better performance in their education. From admissions to orientation to the first day in your classroom as a teacher, give them clear expectations. If you set high expectations for your students, then I promise you they will usually rise to the expectations. Another factor is that be an example. If you encourage them to come early and you begin your class late, you will be telling them to resume their lateness conduct which will turn into a tit for tat game. By doing so, you will be the one they will keep throwing blames always whenever they perform poorly in their exams. In addition to that, when you begin your class, start it on a high note. You should not only begin on time, but also begin it powerfully. Begin for instance with either a fun activity or a game to engage them in the lesson. As the other students who loves being late walks in, they will have to wait until it's over and miss out the fun. After missing the very fun, it will motivate them to come early in the next lesson so as to partake of it. With time, you will discover that there are students who are ever punctual, always appreciate them by rewarding them. You can do so by giving them a short assignment on board. The assignment should be the one that should be completed before the class begins officially. For instance, they can watch on your phone, a blog article to read, or a debate to tackle depending on the level of your class. You know for students who arrive early, they can complete an assignment before class begins and receive more credit points on their test.

Furthermore, always remember to say 'thank you' to the students who always manage to arrive early in your class. You know positive

reinforcement and praising the students who do things right and fast is a powerful tactic. This is because whatever is always praised and rewarded will always get repeated. I know very few teachers do this but I guarantee you this tactic can bear fruits. Lastly, whenever students who are late comes in, always make sure they sit behind. When you're starting your class, you can alter the sitting position by requesting them to move forward. Make it clear to them that those who will arrive in class late, they must sit at the back and not to disturb the rest of the class when they enter. By doing so, they will feel uncomfortable and desire to arrive on time so that they can occupy the front seats.

My dear reader, don't you know that a reputation of being late is a handicap? Just be honest with yourself and those around you. Be punctual, never retreat in life and achieve your goals even when no one seems to respect your time. Success and punctuality seem to be twin brothers who work hand in hand and tolerates no excuses in one's life when they emerge. So always, be on time and keep watching your watch

CHAPTER TWO

TIME IS A GOOD SERVANT BUT A BAD MASTER

Just like fire, time can serve you better when you carefully handle it. On the other hand, it can teach you tough lessons if you disregard it. It can show you a blackout and a long horror movie if you despise it. Time being like an accident of motion that can't be stopped, the dishonour of it can be most extravagant and costly of all expenses. Like a servant, it can serve you well from the foundation of everything you aspire to do but when it expires, it can turn into a master that can disown you in the presence of your friends. I recently discovered that time like a gift presents itself wrapped in a nice glittering paper. Don't you know that time has an expiry date called death day, in which no one can predict it. It's a secret in the mind of our God that has never and will never be revealed to us. Therefore, before the expiry date of your time, you need to let it serve you adequately. Thus, the moment you concentrate on the covering and fail to pursue the gift itself, you may end up missing its special service. You later begin to mount regrets when you realize that the gift has expired. The incident turns into a bitter memory, a constant struggle, and a fearful blank in their future.

Time is the only virtue that can turn everything including you to nothing. At the same time, it can turn everything into something. It actually depends on which side you're choosing to fall. It can add value to your life purpose or decreases your value. You can become a lender or a borrower with time, a victim, or a victor, under or

above. What matters concerning the side of the coin of life you want to be is actually how you value your time. Someone said *“If a man watches three football matches in a row, he should be declared dead”* In other words, double dealing your time will only makes you become confused than you were. Instead of obtaining distinct results, what you will receive back is just a suffocation of your dream. However, a better plan incurred on your available time can reward you with a visionary and positive mind set.

My dear reader, near you stands two vast gulfs of time, the now, and the future where your life purpose is composed. In addition, between now and tomorrow, time is willing to help you achieve that purpose. Time is willing to impose you upon motion so that you live within the perimeters of that purpose. Just like chariots wheel, a kind of a river and an irresistible flood, it's focused to sweeping and carry you headlong free of charge into a great sea of your purpose. That's why within a specified period of time, you can stumble on a level of life where people begin to celebrate you or mourn for your failures. Time will exercise its full authority on you depending on how you will handle and perceive it.

Furthermore, time can cook your life making it more glorious, delicious and sweeter. It can cause people learn from you something's new about life. After you have attracted different calibre of individuals, who desire a word of knowledge and wisdom by discovering great benefits you have incurred in life with time, that's how your legacy will begin to grow. Everybody will want to know who and what you are composed of. No one will want to take you for granted and whoever interacts with you will mean business with you. All these will come as a result of how you allowed time

to serve you. However, the rebellious attitude employed to it will make you fall victim of its masterhood.

I have discovered that many people after time has mastered them for so long, and a full horror of disorganized life style and shrink face hits them, they just choose to stay indoors and have a nice cry. They do this to block the environment from throwing blames and insults to them due to how they disregarded time factor. They choose to create a cocoon where they eventually fix themselves inside and forget about the beauty of life. When you happen to question them, their lips are filled with stories of how they desire to be at a certain level of life but unfortunately, someone has held them captive at one point for so long. They keep casting blames to their parents, friends, and relatives forgetting that it's their poor management of time that has led to this pathetic condition.

My dear reader, it is now upon you to choose whether you want time to serve you or master you. The good news is that when you give it an opportunity to serve you, then be expectant of good results. However, when it masters or dictates you in your moves, then expect to fall into its slavery list. This is where it will control you instead of you controlling it. You may end up bursting into regrets due to its pressure and hiccups. Let me show you how time can master, imprison or enslave you. When you've wasted it, when it was at your disposal in adequate, till you're left with little of it that can't be enough for you to achieve that which you had intended or planned for. When the plans, projects and activities in the mind will exceed the time at your disposal. When the years are gone and energy sacked out when you never took advantage of your prime years. When you begin to follow every detail of your life and things refuse to fall in place perfectly and life begins to hit you right centre

left. When things to be accomplished are a lot compared to your available time. When you want to say yes but your time says no. Suddenly you enter into a serious collision with time. Finally, time takes over and begins to manipulate you. You start feeling weary in your mental nerves which later leads to mental disorders and heart related complications. Those complications later push you to the world of no return before your time. According to the society, death has robbed them their best, but to time, you deserved the very penalty due to how you've misused it and allowed it to master you.

Let me tell you the truth my dear reader before I retire from this subject. It is not about the time you've that really matters in this context. Again, I say, it's not the available time you have, but it is how you'll use it that will dictate its servanthood or master hood role to you. It's upon you to choose which side of life you actually want. However, remember, after it has mastered you, you will never turn it into your servant. After it has tormented you within your jurisdiction, there is no court of law you will appear to present your case and expect it to rule in your favour. You will try to fight against your little time remaining forcing it to behave but that step will never bear any fruits. Time will always say, see I was there for you in surplus, but you never took advantage of me. It will claim how you have mismanaged and became careless about it. It will claim how you misused every opportunity by sleeping on it. It will later brag; it's my turn to revenge and show my master hood to him. It's my opportunity to shine against my oppressor, eat them away like cancer because of how he mishandled me.

I have discovered that you can misuse money and nobody realizes due to limited access to your account balance, but the moment you misuse time, it will eventually show up against you in the presence

of your friends. Time is a mother of all realities. It puts everything in the light. “I will never be the same again”. I hear people claiming that and yet time has captivated and completely crippled their ability to think and rise up from your slumber. With several tests of time has imposed on them, they have completely failed them. You just wait, and see. They will still be the same again if they don’t wake up and take action. Remember time doesn’t master you because it was created before you, but because you failed to recreate and reorganize yourself in its favour and presence.

Therefore, I advise you to learn on how you can master and control your time. Enslave and spent it adequately before it starts enslaving you. Let it serve you and not the vice versa. Give it an opportunity to serve you appropriately. Use it as the only coin you’re remaining within your pocket. Don’t share it with individuals who will misuse or waste it. In fact, if it’s possible just use it alone. Use it to cast your nest deeper, then stay calm and wait for a miraculous catch of your big fish. Wait and see your legacy grow after you’ve passed those hard tests of time.

CHAPTER THREE

TIME IS NOT ONLY MONEY, ITS LIFE

‘‘If you love life, don’t waste time for time is what life is made up of’’ (Bruce Lee)

I think that if we perceive time as money only, then we will end up viewing it as the cheapest asset ever. You know it’s only in this 21st generation and how we have been brought up, that money has been the vocal point of associations, relationships and family bonds. Everyone everywhere has been on the lookout on how he will get money, grieving for it day and night even if it means sacrificing one’s life. Surprisingly, nobody has ever been contented with the little they have gained regardless of the age. With the little or much we have gathered; we still claim to be bankrupt. Thus, restless search for money has been the winning culture in our society no matter the channel we use even if it calls for moving against our moral values. Thus, like money, time has been painted and walked with the same principle by majority of us. Some of us claim to fall short of it when needed in a very important occasions, yet when interrogated, we are found to have it in surplus. We still complain that we have inadequate time and wonder if those who are ahead of us have more time than us. We begin to quote them as the most blessed individuals in life. We fail to appreciate this special gift God has entrusted to us. We view it as money which is never enough according to our upstairs.

Do you know that the only thing that will help you appreciate your life is time? This is because time is not only money, but also life. The value of your life is calculated in terms of time. You know when someone asks you how old you are; he is simply asking you how old is your life in terms of time. When you waste your time, you are really wasting your life. Charles Darwin commented “*a man who dares to waste one hour of the time has not discovered the value of life*”. That’s to say, the waste of time equals to waste of life. The life you desire to live is evident on how you will use, manage and spent your time. Remember time and chance happens to us all to have a meaningful life according to ***Ecclesiastes 9:11***. The differences we see in our life’s status quo is associated with time expenditure process we incur. We actually have so many philosophies about time in our societies today and everyone trying to run up and down trying to chase them. However, still those philosophies are not bearing any fruits. The problems our society are facing are at detoxicating stage and things are getting out of control. And now am convinced beyond reasonable doubt that the solution lies in the shift of our thinking pattern concerning time. It is high time we perceive time as life if we desire to end these economical, marital, physical, and spiritual friction we are experiencing in our communities today.

Remember, the only thing that can reveal your life account balance is time. It’s the only virtue that can prove if your life is increasing value or decreasing. It’s accountable and responsible on your level of increment. It can tell whether you are growing up or you are growing old, there’s no middle ground in this case my dear reader. Let’s say for instance you are spending your time with morally corrupted individuals whom you trust as your best friends. The fact

is that when you hang around with such people who can't motivate you to stay positive and focused in life, when your phonebook is loaded with people who discourage and drains you up in every step you want to make in life, definitely, you don't need a prophet of doom to reveal to you how miserably you may end in life. All these scenarios will automatically prove to you that the way you are using your time is minimising chances of sweet experiences in life and transforming you into moments of regrets and groanings. When you are in late 50s, you still can't think appropriately and still behave like a kid. When you are a graduate who cannot even construct a simple sentence to air your views. When you are married and you don't know why people marry. When you're in confusion stage of life not being decisive on whom to marry. When you just don't know what you want or deserve in life, that's when people will know your life account balance. That's when everybody around you will discover how you have passionately hated your own time.

Therefore, it's high time we view our precious time as our only life placed in our hands. Gone are the days we used to give our time all day long to emotions that gains us no advantage, giving our time to individuals who don't value it and to inefficient habits. Please, if you've been practicing this culture and you want now to put things in order, take back your time and cut to the chase. To me, life has taught me how to maximize my time adequately and on the other hand time has taught me how to value life. The point is that the moment you will begin to value your time, you will value your life automatically. You will hence become a creative force within your environment. You will live the length, height, and width of your life.

Now that time is life and it can lay a positive or negative impact on our life, we need to formulate technics on how to use, manage and spent it so that it can increase our life value. Bruce lee advised “*to spend time is to pass it in a specified manner. To waste time is to expend it thoughtlessly or carelessly. We all have time to spend or waste and It is our decision on what to do with it. But once passed, it is gone forever*”. Are you willing to initiate a transformation in your life but unfortunately, you’ve wasted your past time doing nothing? Worry less, you can hold on and focus on the remaining time. Cast out the fear of the time gone and redirect your attention to the remaining time if you want to live a life worth imitating. Don’t forget, the state of your life is nothing more than a reflection of the state of your time plan. Let me ask you, do you know at what time you will succeed in life? look at your time schedule. It will even show you the very minute you’re going to burry your struggles and messes.

Time management for self-management

If you happen to excel in managing your time, then chances of managing yourself will be very high. And if you manage yourself appropriately, then it’s a guarantee that you can manage your life perfectly. You know when we talk of time management, we refer to a process of organizing and planning how to divide our time among the specific activities of the day. This enables us to work smarter so that we can achieve more in a lesser time even when the pressure is high and the schedule is tight. Les Brown unveiled “*In everyday, there are 1440mins. That means that we have 1440mins to make a positive impact*”. However, despite of 24hours we all have, the important thing is how we will manage it. The assignment is on how we will maximize our time to help us fully manage

ourselves. Therefore, try your level best to invest in time management skills not time creating skills. It may seem counter intuitive to dedicate your precious time to learning about time management instead of using it to get on with your agendas, but its regard is very much paying. In fact, when you check the pretexts and post texts of this book, that is the entire content you will encounter in this book. Time management will help you incur enormous benefits such as greater productivity, a better professional reputation among others.

Spending time versus investing time

‘The key is not spending time, but investing it’ (Stephen R. Covey)

Learning on how to invest our time instead of spending it is one way of developing self-management skills. However, we should at least discover the difference between spending time and investing time. The word spending actually means that you are using something up or exhausting it. The idea is that when you are spending time, you’re not prepared for any returns because they aren’t existing in your time spending analogy. However, when we invest in something, you expend resources, but you do so with an expectation of incurring good returns on your investment. Thus, investing time is simply engaging in activities that are calculated to bring you meaningful results and rewards.

So, how can you begin to making better time investments? The first thing you need to do is to set goals. Let us say for instance you’re given 20k loan by a bank to invest. What is the first step are you going to take? Are you going to first move around aimlessly looking for some deals to strike with the very business loan? Absolutely no! You cannot do that if indeed you are a serious investor. A wise

business person will sit down and draw a business plan that can potentially give him good profit before launching or pumping resources in it. The most surprising thing about time nowadays is that most of us spend it without giving much thought to what return we are going to get back from our expenditure. Therefore, before you do final judgement on yourself on how to use your time, I would rather advise you to hold on and think about the following on the subject of your time;

-Are you spending your time in a relationship you are unhappy with because you are afraid to leave or are you investing your time on creating stronger bonds with the one you cherish? Remember the greatest gift you can ever give to someone is your time. The reason is that when you give your time, you are giving a portion of your life that you will never get back. Therefore, be selective and meticulous on how you use your time because wasted time has tough repercussions compared to wasted money.

-Are you spending your time working at a job that pays the bills or are you investing your time at a vocation that will allow you to create a legacy? My dear friend, to be fully satisfied in life, you must invest time into doing what you were born to do instead of wasting it trying to impress a boss or a company working in a job that you are not born for.

-Are you spending your time gossiping around the corridor of the office with co-workers who would stab in your back or are you investing your time in networking with people who have values that are similar to your own and whom you know you can count on?

-Are you spending your time watching soap operas programmes with characters full of illusions or are you investing your time in

leisure activities that truly brings you joy and allows you to achieve a state of flow? This is what I call investing in “***do nothing time***”

-Are you spending your time sleeping more hours than your body needs or you are investing your time in your health by going out for a jog or exercises? This is called investing in ***life extending programmes***. These activity reliefs you from emotional related diseases thus guaranteeing you a long-life span. Remember a healthy life style leads to healthy heart, which gives birth to a healthy and long-life span.

-Are you spending your time surfing the internet or are you investing it in creating a passive source of income or building a business? A recent research study shows that Internet has been the most visited sites by many individuals today. Any idle person's first approach is face-book, you-tube or WhatsApp sites. This has been one of the highest time robbers because high number of people visit there to express their boredom and level of idleness.

-Are you spending your time furthering someone's agenda or are you investing it in working towards the achievement of your goals? Kamari aka lyrical assured, “*Investing time in yourself is the only safe environment that will give you maximum returns throughout life.*”

-Are you spending your time playing computer games or are you investing your time on learning the skills and getting the education that you need in order to increase your potential, competency and get to where you want to be in life? This is what I refer to as investing in “***foundation building time***”

-Are you spending your time complaining about your problems or are you investing your time in finding a solution? By the way, complaining and posting your problems to everyone is denying your upstairs a right to think on the probable solutions on the matters at hand. It proves and later displays your thinking deficiency syndrome.

-Are you spending your time giving into negative emotions such as anger, worry, and fear, or are you investing your time in your personal growth? This is called investing in “**savoring or tasting time**”. It helps you to enhance and prolong positive emotional experience.

-Are you spending your time searching for lost items because your house is in a mess or are you investing your time on decluttering and organizing your home and work space? This is actually investing in ‘**system creating time**’. It helps you to create a better and more organized systems that will reap you lots of time in long run.

-Are you spending your time responding to whatever or whoever makes some demand of you, or are you investing your time in planning your day so that you stay in control of how you see your time?

My dear reader, the idea is that you can spend time on useful and useless things, but if you’re to call it investing, you’ve to definitely invest it in something that has value and importance to you because just as Todd Duncan said “*what you invest your time defines you*”. You need actually now to choose your goals wisely so that the time you spend on them becomes and investment not an expense. Always discern when it comes to the people that you spend time

with. Get to know if that is the relationship or ministry you should be spending your time in. Remember time is a currency of relationship because there is no way you can invest in a relationship without necessarily investing your time in it. Furthermore, find out if there are people that you care about that are not getting a big investment of your time. If you engage in any activity, search out if it's a good investment of your time. Ask yourself, 'does this really further my life goals? Do not be ignorant in your life especially your health, get time to better it. Try to come up with methodologies to further your dreams and goals perfectly.

If you fail to adequately invest your time, you are likely to incur many loses including broken or strained relationships, lack of social network, health problems, debts, bleak financial future and lots of regrets. However, if you happen to invest in your time adequately, you've a potential to reap the following benefits; *a strong and happy marriage, a well-adjusted kids whom you have a good relationship with, a circle of friends whom you enjoy socializing with, personal achievements that you're proud of* among many others.

Multiplying returns of your time after investing in it

It is true that one of the most important steps that can help you get more of your time is when you invest in it. Just like money that is multiplied whenever you invest in it, so is our time too. However, do you know many of us do a lot of things but production is never achieved thereafter? You find yourself fully invested in your time but there are things that are still pending on your time plan. It is like investing your finances and whenever you get profits, you fail to know what to do with the returns of your financial investments. You

end up squandering all of them. Therefore, it's not enough to focus on investing your time, you need to go ahead and multiply the benefits you're reaping from the very invested time.

The first major difference we need to know is that, how we choose when it comes to multiplying the returns of our time isn't just logical, its emotional too. We have the profits of our time with us and now we have to choose wisely on how you can maximize those profits effectively. Remember one of the returns of the invested time is more time which actually needs to be regarded as a special time and not a free time. Like for instance when you have invested your entire time in a ministry until its pillars are strong and its legacy is thriving, you don't have to sit down and relax even if you've mentees around you. You have to still invest in that enough time you have by labouring for other people and things in ministry. This is similar to business set up and other ventures. Thus, with the benefits of our good time, we are required to maximize it too by aligning our priorities appropriately. Moreover, this priority factor falls in place when we borrow the returns of our invested time from other activities. It is like taking profit of another business in order to fix it into another investment that's already registering losses.

Therefore, in multiplying the returns of your invested time, ask yourself the following; -

a] ***How soon does it matter***; that is how urgent is the issue you want to deal with or pump in the returns of your invested time?

b] ***How much does it matter***; is the issue very important at the moment? Find out if what you want to venture in the benefits of your time is valuable and will add more value to your life.

c] ***How long does it matter***; is the subject so significant from its point of view? Is the subject and the object that's demanding investment of your returns long term?

Remember that the importance and urgency of something depends on how long, soon, much it matters. So, in multiplying of your time returns which is equivalent to more time that you've, you need to understand what you can do with the very time to earn more benefits from it thus yielding a significant matter. And the best thing you can do now with such a time is by giving yourself to emotional permission to invest it again on things today that will give birth to more time tomorrow. The cycle should actually be endless, one benefit yielding more benefits. This is actually a significant calculation that performs miracles and changes everything in one's life. That is the period when perfection is achieved in self - management course. When not only nothing more can be added in your life to waste the profits of your time, but also when nothing more can be taken away from your very important time.

More nuggets on technics of investing your time

1} **Time is most valuable and scarcest resource** As you invest in your time, keep it in mind that time is a very scarce resource that's hardly found when it is gone. So, let your every minute count because it is very important and valuable.

2} **prioritize your work** Always in time investment plan, learn to identify and single out your most important task of the day and do it first. Know what you can start with in the beginning of the day that can lean on the next one.

3} **Work from your calendar not to do list** It is profitable to follow and hearken to your calendar if you really want something to be done within your time investment period. Live from your calendar and not the ‘to do lists’. Sometimes ‘to do lists’ doesn’t make an individual fully maximize his time and even some important task will be left hanging.

4} **There will be always more to do** Any time you are handling a task, it is advisable to end your day when you are tired and not done. Remember there will always be more to be done that will daily need your attention and focus.

5} **Always carry a notebook wherever you go** The culture of carrying a notebook helps you script any time investment idea that drops in your mind. Remember, our minds are limited. They are only best in processing different information and ideas but when you depend on it to hold most of our information, we can be disappointed.

6} **Control your inbox** Master your inbox by shutting off notifications on your phone from your inbox. They can easily disturb your attention on every task you carry out. Remember, when you’re enslaved by your inbox, you lose clarity, concentration and production in your important task ahead of you. Decide not to allow your inbox to control your life like a tail wagging the dog. Let your inbox be a business platform and not a place to keep you busy and waste your precious time.

7} **Say no to anything that doesn’t back up your immediate goals** Feel comfortable on rejecting that which doesn’t refuel your desire to pursue your passion. It doesn’t hurt when comes to saying no even if it’s to your loved ones. In case the person you are saying no

to will feel disappointed, don't feel sorry to him because that's your stand. Remember every time you are saying no to something you are simply saying yes to another important thing.

8} focus on your unique abilities and passion Investing in time needs you to understand the benefits and power of delegating or outsourcing your passion. This will lead into perfection.

9} Batch your works with recurring themes This helps you concentrate on a specific task at a time. You can batch days where you concentrate on surfing internet, attending to customers, checking emails, recharging or doing some exercises and many more. If you are for instance interviewing people, just interview them all at the same time instead of few and postponing others for another day. If people have been calling you severally while you were busy, make sure you respond to them at one time. Don't respond to one and leave the others.

10) If you can do a task in shortest time possible, then do it Always invest your time in something that you are ready and prepared to work on it faster and easy.

11} Routinely use your early mornings to strengthen your mind, body and spirit Make the first hours of your day count. You can spend them in prayers, meditation, exercises and planning for your day. This will help you build your body, mind, and spirit.

12} Productivity is not just time investment alone, It is also energy and focus Being productive doesn't incur a good use of your time only, it also demands energy and focus. However, this energy and focus is achieved when you learn to take some breaks in your daily

routines. This helps you feel rejuvenated, focused, and energized for a particular task.

In any circumstance of life, you are either investing your time or wasting it. There's no middle ground in this time aspect my dear reader. And the moment you begin questioning which is which, that's when it's over. The reality is that where you tend to invest your time and energy, that is exactly where you invest your life. Therefore, it is advisable to invest your time wisely. If you want to be great in life, then invest in your time. But if you want to be famous invest in money. Don't you know that money are those small pieces of papers and however how much you accommodate them, it is ultimately not enough compensation for investing ones' time and energy. Actually, there has to be a sense of purpose, meaning, and fulfilment that comes because of investing your entire time. Do not focus and waste time on yesterday disappointments that overshadowed you and gone. Make a decision to invest time on tomorrow that's not yet born. That when greatness will be achieved in your life because it is actually using the amount of time you have in investing it in cultivating ground of your life. If you really desire to be great, the formula is simple; invest your time in the field of purpose and destiny.

The moment you begin investing your time, you will notice that you are becoming fruitful and multiplying the greatness in your life. You begin to reproduce your real life. You do not need 365 ½ days to achieve this state of life. What you only need is one minute or second and you will see the kind of highway that will be created in every sea of your life. You will begin to see how 'manna' will gather itself and locate you in the very wilderness you are experiencing. However, do you know the starting point for this

miracle? It is when you stop spending your time and start investing in it. Launch that program today and do not wait when it is too late. Remember the clock is ticking. Do not wait when you are too old, when the candles on your birthday cake starts to cost more than the cake itself. When you are escorted like a child everywhere you go due to your weary state of your face and drained energy. That time when you will look like a 78years old baby who calls for pampers every minute. Please my dear reader, start a journey of investing your time today. It Is not time that will break you down my dear reader. It is actually the manner in which you will consume it that will finally matter. Don't forget that time waits for no one. Yesterday is history. Tomorrow Is a mystery. However, today is a gift. That is why we call it the present. Take advantage of this gift my dear reader and see how things will arrange themselves in your favour.

CHAPTER FOUR

TIME IS YOUR HONEY COMB, NOT HONEY

“If you want to see birds, you must have birds in your heart”

(John borroghs)

Are you aware that if you want to get honey, you must figure out a honeycomb in your mind? This is because the original position of honey before its manufactured is in the honey combs. In other words, if you want anything in life, then you must first think of its location and then make a step to go for it. When God created the first man [Adam], the command he gave him was to go, replenish, and fill the earth. It was within the limits of time that man was to function in. God had a capacity to create a big family for Adam, but he discovered that the idea would deny Adam the ability to mass-produce and advance his creation. He found that the only thing He could bless a man with is time upon which he can prosper in and modify His creation. That’s why through Adam, we see subsequent generation that later came to occupy different parts of the earth.

I want us to understand that in life, you don’t need details of everything at your disposal in blink of an eye. What you only need is actually an idea, channel or means towards where you want to go and a tip of knowledge on what you have. You don’t need supply of everything or disposal of all your desire at the sound of your voice, but you just need the ideas on how you will stumble on your

supplies. My dear friend, if you don't know the way, then you may not know how you will arrive there. If you are falling short of the details of what you deserve in life or your legal rights as a child of God, then you may end up being hit by something, which seems to be the right answer but it ends up corroding your faith and believe system. In other words, if you don't understand that time you've is like a container carrying hope of your life, you may end up mistreating, misusing and perceiving it of low or no significant. You may end up seeing it as a useless commodity to waste. The moment you overlook what the container is carrying and concentrate on its shape, colour or size, you lose the content it is carrying for your favour.

The reason why many people nowadays is grieving for many things within a short period is because, this generation has never been introduced to life as a process. In addition, they cannot discern and appreciate seasons in life. They have lacked the reality that there's season for everything and can acquire whatever they desire as long as they embrace time as their raw material. They don't know that time is their honeycomb within which lays their honey (sweet life). Lack of realizing this makes them feel that they don't have what it takes to live a meaningful life. The only thing they understand is that time will yield good results for them as long as it is there for them and they don't need to do something. What they only know is that time will tell but they don't know the role they have to play with it for it to speak in their favour. They keep waiting for the time to come and make them what they aspire to be in life. *'There is time for everything'* Is not the same as *'there is time for doing nothing'*. In every instance, many have excelled in patience virtue, waiting for their chance to come but doing nothing with the little time

available for them. Their life style is characterized by murmurings such as ‘I don’t have enough time’, ‘am late I won’t appear in that meeting’ etc.

I have realized that in life, you better lose everything but never lose time. The reason is that when you have time, you can get everything you ever desired when you effectively maximize it. You can become whatever you want with time. This can only happen if you respect time and perceive it as your honeycomb not honey. See it as the only one that is holding your blessings which you need to fish them out. You know greed and lust has been cultivated in the hearts of many people today who want everything within a flash of a span in life. Despite of the channels they are using and sacrifices they are making, what they want is more money, more connections, microwave relationships and fame even if it takes away their reputation. They concentrate on the negative determinations no matter how, what and when they will achieve. This is the very reason we experience quarrels, chaos, cases, divorces among other vices in the society today. Everything they have learnt about time and seizing the opportunity has been poor and desire time to supply good results for them without their initiative. They perceive it as honey and not honey comb. Thus, they run aimlessly hitting anything standing on their way in the name of time is money.

Let me tell you something my dear friend, if you don’t regard time as a honey comb which you must pursue so that you can get your honey, ie life purpose or blessings confined inside, you may end up missing the best God has set for you in life. You may end up living a life that God never intended for you. You see people advancing daily in life and wonder what’s more unique about them that keeps them moving and succeeding. You will realize that it was all about

the mental picture you have conceived about time. You will discover that you mishandled it, the only source you had to generate resources. It is like eating the only seed you have in the store to plant. That is when you will know that you have squandered time like your only savings remaining in your account instead of using them to invest more.

Therefore, understand that deep in that time resource you've, there is the life you need. There is a miracle you want which is confined in it. That time is packed with resources you are dreaming of daily. Your legacy and greatness is packed inside your time. Just like honey that is packed inside honeycomb, which you have to access for you to enjoy it, so is your beautiful life wired inside your time. Your time is like a roadmap towards your destiny. If you dare concentrate and fix your eyes on the road map alone and fail to find out details, chances of arriving to your destiny may be very low and minimal. Remember after honey has been manufactured by the bees, it's packed inside the combs. Similarly, after God had manufactured our life purpose of destiny, he packed it inside time. Now it is our responsibility to invade our time and adequately invest it until it filters out our beautiful life. We have to go deeper to have an encounter with this destiny. It does not matter how fast or slow you seek it. As long as you align your priorities and know where to start, you will definitely land on your promised land. You will refuse to settle for time available alone and go further to acquire the best that time has for you.

If you don't know what your time carries, like when you locate honey comb somewhere and you do not know that the sweet honey is packed inside, you will by pass it towards your destination. You may do that due to maybe fear of bees' invasion or attack. However,

the moment you discover that what you have neglected on the way is loaded with quality honey, you will desire to go back and harvest it but it will be too late. That is what happens when you have no details of what time has for you. You will mismanage, disregard, waste it and when other people discover that you do not value it, they will use you with your very time to further their agendas as you keep watching. You will wonder how they are making it when you have the same hours of the day. When people have picked your time, squeezed their best out of it. After you have been employed and being paid peanuts and taking no actions for decades. After your salary has been increased and given promotion, just to discourage you from quitting and do something of your own. After you have enjoyed and bragged around with the senior position in that church, company, or firm. My dear reader, that is when you will understand that you've just sold your 'time right' and there is nothing you will do to get it back.

So kindly please, take care of your time and if possible, use it alone. Remember that if you fail to design your time plan, chances are that you will fall into other people's time schedule. Moreover, just guess the kind of time plan they have made for you; very limited and not of your type and level. Many people are looking after that very time you are despising to advance themselves. They just want a little bit of it to complete their projects and meet their objectives. Your time is a scarce raw material that when those who understand its significance gets it, they can make good use of it and leave you starving. That is why I advise people not to fall in love with idea of being employed for a long period of time. In fact, when your employer discovers that you fear being sacked, he will use that opportunity to bind you on that post past your retirement dates.

Later after discovering that your production level is lowering, he will replace you immediately and send you home with peanuts kind of appreciation telling you to go and have a nice cry at your place. Your boss clearly understands that when he sums up his time with your time, which you have not taken into serious account, he is able to achieve his missions easy and faster. Therefore, the best thing you can do when you are employed is to set goals and targets. Promise yourself that you will work only for a certain period of time after which you will quit and begin working on your projects and businesses. That is how you defeat the pride of being employed and work for your own honey. Have you ever realized that it is very difficult to get an employee who is living a higher standard than an employer? If the opposite is true, then very few cases of such kind exist.

Have you ever taken your time and observed moon and sun? They all have their own time to shine no matter their capacity. No one invades in one another's time. They just use their time despite of their setting. You too have your own time which you need to use it to shine. Use it to produce the best out of your life. Do not give it to others or begin to compete with others. We are on the same stage of life (earth) but everyone is given his own time equally distributed to one another. You may seem to outshine your neighbour because of the potential inherent in you but do not worry just shine in your own way since that is your field of operation. Always know that time you have is the explicable raw material to help you brighten everything in your life. The honeycomb that is tightly holding your honey. With it, everything is possible. Its supply is a real miracle, an affair that's genuinely astonishing when you stop and look at it. This very time my friends, it is a raw material, you're an artisan.

Use it either to sculpt your existence into something unique or debase into ugliness, it's up to you. So now, strike the deal and let your time begin to earn you benefits of its contents in the days of your living on this planet. Thomas S. Monson discovered “*time is a raw material of life every day, unwrapped itself like a gift bringing us the opportunity to evolve into something than were at its beginning*”

CHAPTER FIVE

TIME TO SLEEP IS NOT TIME TO SLEEP ON YOUR TIME

“The benefit of getting up early in the morning is to get motivation by the punctuality of the sun and to know how to rise and shine everyday flawlessly” (Meenal)

If there is a subject that has raised a lot of contradicting opinions in the society today is concerning sleeping time. Whether to fall in love with an ‘overnight owl’ or ‘early bird’ character, it is still a harsh doctrinal matter that great scholars of this generation have never arrived to universal summary. I discovered that many individuals who validate their thoughts by explaining how sleeping time should be approached have formulated diverse doctrines on this subject. Many dialogues and debates on whether it’s quantity or quality sleep that matters are still occupying the front page of our social medias up to date. On this platform, every successful personality is trying to give their own exegesis and expressions on how sleeping time has played an important role to his success in various patterns in life. As some are busy defending its quantity as the catalysing agent of their success, some occupies the same stage and claim of its quality not quantity thus raising more confusion in the minds of the audience and learners. This has to lead to majority transfixed without knowledge on which track to follow. Until today with this 21st generation that buys any idea and embraces any

culture as long as it transforms their sweat into sweet aroma of success, ripple components of confusion are still evident on their faces. What I mean is that no perfect conclusion has been drawn from this subject.

However, someone said “*truth is like a lion you release it, it defends itself*” I can also say, a shout of a lie cannot intimidate a whisper of truth. I mean a noise of a lie cannot silence a gentle whisper of the truth. Let me put it clear again, that a stone age of a lie and assumptions cannot disqualify the new birth of truth. You know my dear reader the fact that something has been in existence for decades and practiced by diverse communities and prominent people does not mean it is the right thing. Not every common thing is a right thing. Moreover, sometimes a hard thing and a right thing are always in common. Just as some people find it costly to do a hard thing, so is the right thing. In any aspect of life, it is good to embrace a perfect knowledge for that specific course. Moreover, if you refuse to embrace knowledge in any course of life, then ignorance will undress you properly in front of your children. It will take off your clothes in public and you will top the headlines of the social Medias as one of the breaking news. Now the truth about sleeping time factor is on quality and not quantity. You know you can have surplus hours more than recommended 8hours sleeping time, but still you waste them due to fluctuations in your memory bank. When you discover you have enough hours to sleep but still waste them the whole night due to the fluctuations in your memory bank. Your mind fails to help you sleep because of the unsettled issues, which disorganizes your ability to relax, and experience a sound sleep. The level of stress that consumes your mind is more than your ability to control it. In addition, whoever wishes you a

good night is considered a joker who does not care for your state of mind.

Therefore, the determining factor of any sound sleep is not the quantity hours you have to sleep, but the quality of the hours. And the stuffs you have loaded in your medulla oblongata determine the quality of the hours. It is the contents in your head not the contents of your bed that are the determines a sound sleep. Therefore, it is advisable to try your level best to clear out any trash in your mind before you go to sleep. You have to settle any difference that is advancing itself against your peace of mind. Make sure you go to sleep when your brain muscles are relaxed. That is how you will experience a sound and nice ‘baby-sleeping mode’. Remember its quality time not quantity that determines your health status. The more you develop peaceful nights, the more your health status improves. However, when you develop stressful nights, recurring themselves day in day out and loose appetite for sound sleep, your health begins to fade away. That is when you finally lose meaning of life and die before your appointed time.

Now when you begin to experience troublesome nights and your mind fails to facilitate you to fall asleep faster, immediately ‘sleeping on time’ program is officially launched. Nevertheless, you will find that any sleep you lost at night fights for its compensation. And guess the time you will have to compensate for it; early in the morning when you are supposed to wake up or during the day when you are supposed to be productive in your daily affairs. The daytime hours when you should be producing the best you, advancing your goals and turning them into realities. You will find yourself stealing your little programmed time, compensating it for what you missed at night. And as time goes, your productivity

begins to lower as nothing seems achievable due to limited time you've. Your failure to wake up early and enjoying early hours of the day in sleeping due to what you missed during the night becomes a threat between your goals and realities. Due to lack of maximizing your sleeping time and applying it poorly until morning hours, you later begin experiencing butterflies in your stomach. That's when you discover that you are far much behind in your daily accomplishments. No sooner than later, punctuality begins to lose a meaning in the vocabularies of your life. As lateness becomes the norm and adopted life style, whoever you encounter practising punctuality becomes a pretender and seeker of favour from the responsible authority.

Sleep early, wake up early

One of the rare important factors that has not been discovered and embraced by this browsing generation is sleeping early. The reason being 90% spent their sleeping time until late night hours just browsing on wats app, Instagram, face book and all kinds of social medias. You may think that there are big business deals and engagements they are organising on those platforms. You will be surprised to find that what they are watching are meaningless meme videos that add no value to their life circuit. It's true that some people cannot sleep because they have insomnia which can be reasonable, but some cannot just sleep early because of internet. This ends up draining their moral standards and values set for them by their parents, peers, or mentors. They turned out to be prisoners of their phones. I think that is why it is called 'cell' phone where they have trapped and bind in it willingly. Most of them tend to think that '*late night owl*' habit will make them maximize their time fully due to misconception of the idea of seizing the opportunity.

And after sleeping late, they add insult to an injury by waking up late characterized by awkward yawning and troublesome looks.

It has come to my attention that the moment you begin to do what seems easy, your life will be hard, but when you do what is hard, your life will be easy. In addition, one of the hardest things that many have experienced in life is sleeping early and waking up early. Do you know that you need to pay some dues in life if you want to get where you desire? You have to personally pay the cost and sacrifice yourself for materialization of mega deals in life. And the cost you have to incur here is early sleep and early rise. You will need to sleep before and wake up before your competitors if you want to compete favourably and win in this life. Take an initiative to sleep early and wake up early to create time for the day. If you take this responsibility, you will make your life easy. You will not even need an alarm to make this happen, because the purpose you have composed in your mind and heart will be your automated alarm.

Why do you need to sleep and wake up early?

The first thing you need to comprehend in this case is how your brain works and take advantage of your brain wave states and brain chemistry. Study shows that our brains produce electrical patterns called waves. These brain wave states include; *beta*, which occurs when you are awake, and *delta*, which occurs when you are fast asleep. In between *beta* and *delta*, exists *theta* and *alpha*, which are extremely important for learning. *Theta* is a state called creativity state while *alpha* is a state of accelerated learning. Remember when you are first awake, your brain operates at around 10.5 waves per second. Thus, the range for the alpha stage is 8-13Hz. The alpha

stage is the gateway to the subconscious mind. It's a state of relaxed awareness. It's a point where meditation comes in because your critical mind is set aside and you just absorb information unconsciously. Now when you wake up early in the morning, your brain functions between theta and alpha. That's where you now experience deep and profound learning, as you are fully focused with an effortlessly calm mind. You do not pressure your mind to absorb information at this state, because ideas just flow swiftly.

Another important fact I would like us to understand is that our subconscious mind is the most impressionable and soaks up information like a sponge. Therefore, in the first 20 minutes, whatever you see, hear or expose to will affect and set the tone or pace for the rest of the day. So, it is advisable when you wake up to use that moment in prayer, meditation, exercises and planning for the day. You do not use that time to check your social media or surfing internet. You need to use that time to set the tone of the day, staying focused, positive and avoid distractions. However, when you wake up that early morning and ignorantly begin to surf your cell phone, you are rewiring your brain on two things; -

1) dangers that's going to really decrease your level of productivity and performance.

2) Training you to be distracted.

The most important activities that will help you to turn nouns into verbs at such time is meditation, prayer, reading the word of God or inspirational material, planning your day ahead and exercises. You know you don't have to say "I hope I have energy, focus, motivation or concentration today". Those things that you have are the very things that you should be doing. And so, you don't have

love, what you do is loving things. You do not have energy; but you do things that gives you energy. This also applies to learning. You do not just have focus, but you create a process of doing focus. You do not just have a good memory, but you formulate steps to improve your memory and remember things better. Remember, there is no learning without remembering. If you cannot remember, then you have not learnt in the first place. My dear friend, creativity is not just something you have, but there is actually a process of creativity.

Your prime hours of day can be very influential if you will be in a position to boost your level of reading, praying, meditating, and exercising. You know reading will give you the knowledge to improve on your craft. Meditation will give your head space for creativity. Prayer will make you strengthen your spiritual muscles while exercises will give you energy to work on your passion. This is to say, if you want to boost your self- esteem or awareness, then you need to study your brain and take advantage of its wave states in the morning. You will automatically get a boost of your confidence responsible for commanding your day to behave. Have you ever desired to go far? Then first go inside your mind because it is what controls everything. That is where the control systems of your life are powered and put in operation in the programmes of your day. Do not forget that common sense is not common practice to everyone because many don't utilize their mind in the early morning hours of their day. That is why we know what we should do but we don't do it. Thus, knowledge is mandatory. If you don't embrace this knowledge concerning the chemistry of your brain, then time that you will waste will insult you properly. Yes, it has potential to power, but it only becomes power when you use it.

Most of us have completely bought and fallen in love with the idea of buying books that are sitting on the shelf and sits there to read them. Those books end up being shelf help and not self-help. Or they go and learn something from internet, social media, conferences, pay all money, but they don't do anything with what they have learnt because they forget it. It is true that there is a learning curve, but don't forget that also there is a forgetting curve. The forgetting curve says that if you learn something once within 48hours, 80% of it is gone. You listen to a preaching, watch something on you tube, read a book within two days, majority of it vanishes because nobody trains us on how to memorize them and at what time of the day. Therefore, when you wake up early in the morning and touch something like a phone, then you are simply training yourself to lose concentration the whole day. Nevertheless, it is also training you to rewire your brain to be reactive. That is to simply say that the very relaxed state of awareness is obstructed. Whenever you hit on the bad news from your phone, you are already in the bad mood for the rest of your day. You become so impressible and hypnotic state that affects you and you cannot have the best quality life ahead.

So, try your level best and become a better version of yourself. Be an elite mental performer or high performer when you are responding and reacting to everybody else. Brendon burchard said “*In inbox is nothing but a convenient organizational system for other people's agenda for your life*”. Therefore, how can we utilize our time and stay focused on our visions in life? The first thing you need to do as mentioned earlier is to pray, meditate and write down three things you want to accomplish that day. Remember practice makes progress. There is never going to be perfect until you find

out what works for you. Don't trust yourself as an expert sometimes, but trust another person. For instance, keep your phone outside your bedroom when you go to sleep for one week and do not touch it for the first one hour of the day. Spend that hour being a thermostat and not a thermometer. The reason is that thermometer's function is to react to environment and trust me that's a crazy way to live my dear reader. It's a worst life style when people are the one determining the degree and state of your face daily. It is true we do react to environment like for instance; friends, relatives, workmates, but those factors should not be the key determinant of the degree of our happiness in life. In other words, you need to take charge of your own happiness. Studies have shown that the happiest people are the ones that feel like they have the control over their happiness.

However, a thermostat is different in that it sets the environment or a goal. It sets a temperature and then the environment rises to it. You know like individuals who are attracted to your work are thermostats because they have a growth mind-set. Therefore, determine to be a pace setter of your day by controlling what encounters you in your early morning hours. Do not give your gadget an opportunity to determine the tone or temperature of your day. The whole day is yours and you will have to control it by the decision you will implement that morning.

Concerning the matters of sleeping early, it helps you also wake up early and utilize those hours for your advantage. It helps you to maintain the routine of waking up before the sun starts to rise up and go to sleep after the sun goes down. Nevertheless, sleeping early is very much important because the study shows that between 10pm to 3am, you are likely to get most regenerative and deep

sleep. After 3am, sleep lacks the quality that is needed as it becomes more superficial, chronically depriving your body of the regenerative sleep you can enjoy between that times. In case you oversleep, you wake up sometimes feeling more tired than you went to sleep.

Further research and studies prove that human body is closely linked to the day night cycle. That is why within one or two hours after sunset, your melatonin levels start to rise. This is a clear communication from your body that it wants to sleep. Few hours past midnight, the melatonin levels reach their highest value and after this they start decreasing gradually. At 10pm is when your body reacts because of increment in your melatonin level. This period of transformation in your sleep cycle brings along more intense metabolic activity. This one is responsible for repair and restoration for the whole body. In order for this 10pm reaction to take place, your body needs to slow down which translates into a reduction of your mental and physical activity. If you are still awake, there is a phenomenon that takes place at this hour called the ‘2nd wind’ This is caused by the rise in mental activity and energy that your system has at 10pm.

Nevertheless, you can only feel what this 2nd winds value is truly about if you are a sleep at 10pm. Research shows that if you go past 10pm bed time, you will find it more difficult to fall asleep. In addition, you would not be able to enjoy a refreshing sleep, which can lead to significant weariness in the morning. Therefore, you will now discover that small things in this subject matters a lot. So even a simple shift of your bed time hour from 11pm to 10pm can cause a tremendous difference regarding the quality of your sleep. Moreover, there are high chances that you will wake up in the

morning feeling energized and ready to start your day. This comes as a result of you allowing your body system to go through its natural neurochemistry and taking advantages of this wave that's on its way before 10pm. Your body also in conjunction with this, benefits from metabolic changes that naturally takes place as the clock ticks to 10pm.

Therefore, my dear reader, if you are among the category of people who fall asleep well past 10pm, then you should consider changing the situation actually. In your life, set a goal to go to bed earlier by 15-30mins each week until you hit the 10pm bedtime goal. Do your best to deal with any distractions that prevents your early sleep. Remember life is all about choice, chances, and changes. That's to say, if you don't make a choice to take advantage of chance around you, then you won't be able to make the changes you need. Similarly, to achieve a 10pm bedtime goal, you must make a choice and use the available chance and you will begin to realize great changes you will incur in your general sleeping time. If you happen to encounter some of the successful personalities like the founder of JCC ministries bishop Lai, Churchill show MD Charles Ndambuki, Best world athlete Eluid Kipchoge, international football star Ronaldinho among others that you also know, they will tell you that their success has come as a result of early rising. They will tell you that they have made a choice to greet the day at dawn because they believe that is where motivation is generated. They actually don't need to beg or ask for the inspiration. The prayer, meditation, and exercises they incur in the early morning hours helps them connect and commit their day to God who helps them use their potential to the maximum.

Thus, to be successful in any department of life, you must choose to use every minute available in a day to make your life purpose higher than any other short-term pleasure or comfort of your bed mattress. Instil this habit of waking up early in your belief system because this culture can strongly and consistently support your visions and dreams in life. Remember, human brain can work at its maximum potential only when it's not exposed to multitasks. Furthermore, the quality level of anything you want to achieve in life highly depends on level of your focus. Thus, when there is no distraction and noises to disturb concentration, the brain has a capacity to focus on a certain task and therefore generating a balanced rate between quality and work. Be aware of this if you want to go far in life. Use your alone time in the morning and take advantage of your brain function capacity. Discover these premature hours of the day and utilize them to achieve what you want in life. Remember, a disciplined morning can guide you towards a whole day of discipline. If there is any level of discipline you want to hit in life, early morning hours can be the best hours to groom into a disciplined personality of the day.

Allow me to strike a very important point in your upstairs my dear reader. The moment you begin to sleep on your time, you compress and condemn the ability to become the best you. It transforms into sleeping on your visions thus denying the seed of greatness in you to germinate. You disregard the purpose of God in your life. This attitude later presents in your hands a meaningless and hopeless life. It's new dawn my precious reader! Wake up early, be ambitious, and get stuff done. Stop sleeping on your time. Do you want to win in life? Then you need to win your morning hours first. Do you want to go far and explore virgin sites of your life? Then go for the

early morning hours please. Do you have a thought of building a permanent legacy in life? Then morning hours can be your best architectural moments. Any dream you want to materialize in your life can be easily achieved when you begin visualizing it in the morning. You do not have to be more intelligent or genius to approach this morning hours. What you only need is boldness, determination and a focused mind-set.

Remember, early bird catches the worm. Therefore, if you dare go late, other birds will pick the worms and that is how starvation programme will be launched in your life. The excuses you give for waking up late may sound good and nice to you. However, remember that when the truth of all matters will arise and your real life brought to light, then the excuses you used to give will be nowhere to be seen for your defence or advocate for you. They will disappear in a flash of a span. You will be left stammering for the next word to defend yourself and for the next move. My dear reader, the truth is that, better you sleep on someone's bed than sleeping on your time. Sleeping on your time is very much expensive. This habit is characterized by lazy and busy syndrome where an individual becomes lazy in everything and busy at nothing that can cause him productive. In fact, recently I discovered that the problem with people who sleep on their time is more mental than physical. I noticed that on the left side of their brains, there is nothing right while on their right side, there is nothing left there. In other words, the person is bankrupt of the ability to think about his sleeping time and even not able to account for his morning hours. He wastes his time doing nothing the whole night and squeezing the little hours he has for the sound sleep. And when he wakes up, he's late, tired, drained and ready to begin the day without energy.

For sure, there is a race you must run and there are victories you must win according to you. However, you must agree with the fact that early preparation precedes early winning. The moment you begin to prepare early, take advantage of those fresh morning hours to visualize and formulate how you are going to win the battles surrounding you, automatically you will win them. The best programmes of your life are best launched in the early morning. They are well fed in the system of your life during those prime hours of the day, which are not yet colonized by distress and disappointments of the late hours of the day. This is where the lyrics of the new songs of victories are discovered. That is the point where the tempo and tone of your success is processed. That is the time you work on yourself, by yourself and for yourself. This is where you become what God says you are and do what God says you can do. Otherwise, if you run with a different slogan, sleeping on your time every time you go on your bed, impossible will still be something to you. You will say nothing is impossible, but because what you are doing is nothing; it will just be something to you. It will always sound sensible to you whenever it rings in your ears. Be warned; time to sleep is not time to sleep on your time because that is like sleeping on your dreams. Kindly just embrace the difference and shift the norm. And if you harden your heart to this reality, then be sure, you will soften it to a hidden lie somewhere that it's prepared to hit your life hard.

CHAPTER SIX

TIME TO EAT? PLEASE DON'T EAT YOUR TIME

‘Have you ever tried to eat a clock? Its very time consuming’
(Anonymous)

If time would have had an advocate or lawyer to advocate for it against its consumers, then many of us would have fallen victim of this case. Majority of us would have been sued and charged due to poor mistreatment of time. If there could have been authorities and non-governmental organizations working for defending the rights of time, minority could withstand their test and accusations. Almost everyone would have been summoned by those organizations to explain as to why they are travelling against the direction of time rights. Queues of people would have been witnessed at the entrance of the offices of such organizations to defend themselves concerning a foolish deal they made with time. Unfortunately, time has no one to advocate for it. No one is willing to stand and say time has also its rights and needs to be respected no matter your age, background, colour or status. Time like an orphan has remained and stood for itself with no one to stand with it or defend it against its enemies. With no mother and father, time has struggled from the beginning to get well-wishers who can help it advance its purpose against its predators. Whenever it fails to show up due to arrogance attitude manifested in its users from the beginning, it bends back and waits for the end of the matter. That's when it will become too

vocal and very supreme that no one will withstand its final judgement against its wrong users.

One of the areas time has missed advocacy and dishonoured is in the department of stomach affairs. In all walks of life, eating time has been approached with diverse mind-sets. As some take it as a culture programmed in their minds, to others it only comes in play according to the nature of the day. For instance, in our African setup eating time is divided into 3 major times that is breakfast, lunch and supper and it occurs at specific hours. These are major times embraced so much by almost everybody in African continents. However, in the other continents apart from Africa, things on the ground are slightly different. This subject is approached according to the way they feel. Eating time is not a big deal as far as their time is concerned. Environment and weather pattern are the determinant of what to take and at what time. They sound very different from others due to their perception on eating time. As they keep on with the norm, they become time eating victims. They fall into a trap of eating up their time until they have nothing to show up accomplished by the end of the day. Even when they try to practice patience for the appropriate time, the time set aside for the very purpose is elongated and misused. That time is characterized by phone chatting's, unnecessary stories and high-pitched laughter's. Their mouths are put in a confused state on whether to continue eating food or their stories. A funny and non-profitable laughter is always the order of such kind of people. At the end of the day, if they were allocated an hour for eating, they discover they gone extra mile and doubled it.

Nevertheless, with those who have taken eating as a career, their case is different. For them, they only believe their eating time is

over when every detail is cleared from the table. Even when they manage to clear everything before the offered time, they will still use the remaining time to make sure they are busy at nothing even if it means sleeping in the name of resting. They believe time is well spent when it begins to invade other programmes. So, they make sure 5 to 10 minutes of the other programme is consumed and they need no questioning concerning that action. Just like a teacher who has been instructed to be in class for another lesson but decide to utilize the same time in cracking jokes with other teachers. To them, they are resting after lunch and 10 minutes late to their lessons doesn't have any negative impacts to the progress of their lessons.

I don't know if you've ever found yourself in this circumstance my dear reader. A situation whereby you just openly eat your time in the name of eating time. Those who love eating aimlessly, they are the number one culprits of this case. Due to this habitual move, they eat anything any time even if it will risk their health and the few minutes they are remaining with. What they value so much is seeing their stomach loaded and their frequent satisfaction is the genesis of their joy. When they are travelling at any destination, they keep buying snacks and stuffs to fight against any hunger that may protrude against them. Instead of using that time to plan themselves and think about their dreams and life goals, they use that time to make their mouth busy. When they arrive to their destination, they discover that they have not learnt something new nor attain a new idea that can help them. Anna Thomas cautioned “*we all eat, and it's a sad waste of opportunity to eat badly*”.

Let me tell you the truth of the matter here. However how much you eat your time, you will never be satisfied. Time is not meant for eating by doing unnecessary things and losing concentration during

your eating time. Eating time does not equal eating your time. Nevertheless, time for eating is not for eating everything or anything that pleases your nose. You need to be decisive in this matter and understand the difference so that you do not misapply the two concepts. Let it be clear to you that eating time is not time for unhealthy talks and stories that wastes your precious time causing you to dig into the time of another activity. Remember whenever you say ‘yes’ and subscribe to the details of those stories, half-baked truths and unnecessary laughter, you are simply saying ‘no’ to the next programme. Thus, you will be endangering the quality desired from the programme due to time limit. You will be actually attracting substandard products of your time.

I discovered that if you use your time for eating appropriately, then you are making away into your greatness. However, if you eat your time, then you are risking your greatness. Because of the delayed programmes of your day, unfinished and unaccomplished tasks, it makes you procrastinate and struggle to attain your goals in life which have a capacity to mould your greatness. You use a lot of energy, strength and minimum time available that later drains and makes you feel hopeless and visionless. You finally become morally, economically, and spiritually worn out personality in your society. No one is willing to be associated with you due to the poor life style you’ve portrayed all over. Don’t forget that every time you are eating, you are either feeding your vision or fighting it, depending on how you will use it. If you feed your vision during that time, your visions will get enough ingredients to grow, but if you fight it and deny it enough time, it will starve and finally die.

Nevertheless, so many people are hungry of eating their time that the only way God can express to them and answer their petitions is

in form of a timetable to help them organize themselves. When God discovers that these individuals want Him to appear in their hard situations but they are suffering from time eating syndrome, he doesn't come in the way they expect. Thus, what He does is that He presents something that is so tough to adopt and will cause them to stretch up so that they can adhere to Him. Instead of granting them their expectations, He shows them means towards their expectations. And the formula or a channel is presented to them is simply time management and planning doctrine. It appears to them like a tight task for them to undertake, practice and follow or tough doctrine to adopt in order to arrive to their expectations, but God finds it as genuine and a fair way to grant them their pursuits. Unfortunately, the very time doctrines and schedules are the one most of us struggle to understand, honour and obey their voice. It's the ones most of us stumble on trying to prove its significance in our daily life. When it seems too hard to adapt in our daily life, we retreat, surrender, and go back to the norm of eating our time. Most of us find it as the best way to live a life they want since everything we touch our hands in the course of time does not behave. When for instance, you have tried to venture into a certain profitable task and the process to accomplish looks technical, you decide to retreat and focus on leisure zones. That is where you find majority damping their minds in excess alcohol, excess eating, squandering the little savings in their pockets. They appear to be very innocent with every mistake they do. You cannot judge or correct them anyhow because according to them things are not adding up. Therefore, they have chosen to replace them with temporary and short-term banquet. They have made up their mind to keep on eating their time.

To many of us, eating time has become popular assignment because it is cheap, convenient, environment friendly and tastes delicious. However, some of us forget that the real cost of eating our time never appears on our menu. We just eat and walk away from the feeding stations. It becomes character that nobody seems to question you on how much you have eaten since it appears to be your right. You do not even bother to stop and ask yourself how much you have eaten as you think that no one is watching you. As months go by, succeeded by a new prime year and the cost or the bill on how you've been eating your time appears, you begin to feel like 'skies are falling'. You become very perplexed and shivering on discovering that you can't afford to pay the total bills. You now decide to surrender and let the owner of that time decide your fate. At that time, you look old, drained with countless wrinkles on your face. The time you ate instead of complementing it with profitable projects, visions begin to eat you up now and pushes you to the world of no return before your expiry date.

Therefore, whenever you get an opportunity to eat, remember you are eating either your time or what has been offered to you. However, never forget that eating your time is very time consuming and never satisfying. Eating time is never an easy job my dear reader. It will locate you into a comfort zone that will make you dormant and lazy. Let it soak in your mind that if you want to go far in life, then time to eat should not be a time to eat your time. Just eat what has been offered to you and please do not apply barter trade in this crucial business. M F K Fisher advised “*First we eat, then we do everything else*”. What am I saying my royal reader, just be loyal and follow the leading of your table manners and the allocated time. Make sure you feed your heart and mind with time

saving technics. Let time factor ring in your mind consistently. If you don't do that, then the food and time you love for eating is much prepared to feed your heart with time eating technics through your mouth. For example, if your heart is empty and your mind bankrupt of truth concerning time, then your mouth instead of concentrating to eating, it will feed your heart with meaningless stories. The content level of your heart and mind will really matter in this subject my dear reader.

CHAPTER SEVEN

YOU CAN'T CHANGE HARD TIMES WHEN YOU HARDLY CHANGE YOUR TIME

Recently, I discovered that the intelligence of the subject of problem lies in the intelligence of the person the problem is addressing. The ability of any problem to seriously mock and harass you is in your ignorance on its operating system. What I mean here is that your ability to challenge your challenge is determined by the degree of the knowledge concerning that challenge that's frustrating the atmosphere of your innocent face. If you're bankrupt of the basic ideas, insights and concepts on how to face it, then you will become its prey. Your ignorance and illiteracy on how to flash it out gives it a hatching and enabling environment to make it multiply and undress you properly Infront of your neighbours, employers or family members. Therefore, you must be flexible enough to vary your thinking pattern, develop enough brain muscles and acquire reliable tactics to help you face the problem. Thus, one of the co factor you have to fix is flexibility in your time plan when comes to dealing with serious issues that are always knocking at the door of your life. They say that problems and challenges are breakfast for every champion and I really concur with whoever said this. However, don't forget that those challenges can turn you into their breakfast if they discover that you're reluctant in changing your time to deal with them. I agree with what one of the world toastmasters during international speech

competition Rose George when he said *“You cannot face a problem if the face is your problem”*

I know that nobody loves the idea of procrastinating with unsettled serious matter in life. This can happen only when the individual is not responsible. We generally want to see challenges coming and swept away by our own initiative within a twinkle of an eye. However, we have never embraced the aspect of flexibility in our very hard circumstances. You should know that every problem needs its own special time to tackle. For example, you can't tell me that you're in a financial crisis, but you can't offer your time and space to think on how you're going to acquire the specific amount to sort out that problem. Other factors have bribed you in exchange of your precious time thus losing freedom to think further on how you're going to acquire resources you're in need of. This is because you have allowed the enemies of your progress to use your time, giving you nothing in return to help you solve the matter. Instead of taking advantage of your present time and promise yourself to use it until it produces necessary solution, you're using it to complain about your challenges. It's true that a problem shared is half solved, but remember some of the people you share your problem with are likely to become broadcasting stations which will air your problem to everybody around them. They end up making your problem a breaking news in their environment. This may result to regrets that will complicate your life forever.

My dear reader, shifting your available time schedule is a master law in the school of problem solving. You need to brush off these ideologies that things will fix themselves and yet you're concentrating on other non-profitable deals. You have to stand up from that very boat of your life, be a bit vocal and radical if for sure

you want to stop the storms directed to you. You must shift your focus for short while and promise yourself that you're not going to tackle anything from today until you find your way out in that turbulence. Change your operating system, reschedule and change your approach methods if you desire to experience different results. Let “*the first things first*” be your slogan. For instance, your child encounters demonic attacks at midnight when they're asleep. You can't excuse yourself and say they will have to wait until morning when you're fresh in mind and fight for the freedom and deliverance of your child. I tell you the truth, if you dare assume them because it's your time to sleep, then your child will become a victim of demonic torture the whole night. However, if you will really want to help her enjoy peaceful night, you will have to readjust your sleeping time a little bit and counter attack those forces of darkness through fervent prayers. You will have to fight for your child's survival in the very spiritual battle by engaging into a spiritual warfare. You will need to press on in prayers until you see the victory emerging. Regardless of how much sleepy and dizzy you will seem to be, you will have to strengthen your feeble arms until you gain victory in that spiritual battle.

And what if you're jobless? In that state, you don't look for a jobless corner or spend your time cracking non profiting jokes with your friends. You don't just sit down doing nothing or concentrating on associations that can't secure any job for you at any place. Instead, you utilize your time shooting cvs and emails to respective organizations and companies. Knock at the gates of various main offices and deposit your job application letter and hope for the best. Don't throw insults to your faith by minding other people's business more than your poor jobless situation. Remember that the

best way to wait for something is by doing something. So, if you don't do something by shifting your focus, prioritize your plans, then you will be nurturing your hard times, making them more solid and rooted.

This is a clear implication that you need to respect your time if you need those hard times to respect and surrender to you. Although they may leave you with some scars after struggling to break through them, don't worry. That will be a sign that you understand the importance of your time, apply it to overshadow your hard times. I know those hard times comes like massive wind with no instrument to measure its destructing capacity, but your faith and knowledge of your time as precious gift to help you win the battle against them. The ability to dismantle hard times is in your ability to dismantle your time spending structure a little bit and rearrange it in a manner that you're able to do first things first. Finally, those hard times will obey you and eventually bow to you. You can welcome those hard moments with joy, but if you don't plan on how to counter attack them, then they can transform your joy into mourning. They can kill your faith and revive fear of tomorrow in your heart.

I tell you the truth, the winning alarm in this battle will only ring when your hard times have surrendered and said yes to your time schedule! If not, that very moment will still instil more hard times and corrode your belief system. That's when you will be used to challenges and totally doing nothing to overturn them. You will only look at them with no interest to arrest and accuse them. They can pile together in multiples, all directed to your ignorant spirit. The hits and patches of these hard moments intensify against you and overpowers your ability to control them. You later decide to be

careless about everything and not ready to wage war against them. Finally, they hit you on the ground as you scream for help from the other people who will be busy corresponding to their own hard times. This is how your desire to pursue life will be buried in the land of hopelessness.

My humble advice to you my dear reader is that if you desire to enjoy all moments of your life, any time hard times faces you, reorganize yourself again. I know that you love that business and you can't afford to close it for a little while, but it's good to now take a critical and urgent decision and solve the issue at hand now. I know you can't do without your ministry, but decide today you won't be in a service just to fix that matter first. Don't leave your house in a mess after you have quarrelled with everybody and move out. Ensure that the terminated peace is back before you leave that house. If you discover that your children are becoming morally defiled, don't keep quiet and assume they will recover on their own. Take a leave from your job one day off. Take them on vacation with less judgement concerning their status and talk to them as a parent. Address the arising matters at hand and offer them chance to express themselves on what's affecting them. Treat them as a responsible parent who desires to see them rising up in a moral upright way. Don't assume it's well with them when they are being fed with all kind of stuffs from this morally drained society. Nevertheless, you can find an individual leaving his loved one who is unwell in the name of going to work, instead of nursing them until their health is restored. My dear reader, hard times are never hard. Its only us who are hard in adjusting our time to deal with them. When you waste your time wondering if hard times can be cleared out or reduced, you miss the point. The hard times are

always normal times that needs you to pump in your precious time and inertia and then sit in a corner to wait for the feedback.

CHAPTER EIGHT

GAIN CONTROL OF YOUR FREE TIME

“The real problem of leisure time is how to keep others from using yours” (Arthur Lacey)

Our minds have a tendency of getting tired or overloaded after engaging in a busy schedule. This later causes it to demand for rest. You know working on something for a long time without giving yourself rest or changing to another programme can result into overstretching of our minds. This phenomenon lowers ones’ productivity and cannot be result oriented. The rest that our minds deserve after a long productive day is what we call free time. That free time or leisure time is not actually work related and our minds gets time to relax. Unfortunately, many of us grabble on how this free time can be to taken into account. Most of us have viewed it as a time to do nothing hence becoming the most wasted section of time ever. It has been a period used on meaningless activities and unproductive habits by majority of people. Some have decided to use it to sleep, some browse internet, some chatting and replying to their emails, or laughing with classmates. For sure, this period has been used differently depending on the points of interests of a person.

Let me now ask you a question my precious reader. Is a free time important to be included on your schedule? Yes of course it should because it is part of time that majority use to break the norm and redirect your focus to something else. As far as you still have a tight

schedule to obey, your body will still call for rest no matter the time. This is the time where you are changing energy equation where consumption is lowered while production is going on at the same pace. Later on, after time is over, you feel rejuvenated because consumption has been lowered. Essentially, what you are doing is managing energy equation. If you are on a cute activity like attending to customers, the consumption is always more, which forces your brain muscles to stretch. After a certain period of time due to over stretching, they get tired and calls for rest. You will find that if rest will not be given at that very time, production level will begin to decrease gradually.

However, as mentioned earlier, your free time is not time to do nothing. It is not time to waste or use it inappropriately. Some of us often make poor choices when it comes to maximizing this time. It has become common to many people today on how they control their spare time by lounging on sofa, watching TV, wandering through a shopping mall or sleeping. However, people seem not to ask themselves if they are enjoying or killing their time. You know it is very easy for you to do something that provides meaningless pleasure to you, but your choice can influence whether you will have a purposeful life or not. Leisure time helps us do something we really want or love. Moreover, if we discover its role in helping us to live a meaningful life, we are then required to make wiser decisions concerning how we control it.

Therefore, I want to show us important areas of life that your free time will profit if you decide to gain control of it. These areas include; -

- 1) **The joyful life.** - A controlled free time makes you happy and joyful.

A joyful life is about reducing negative emotions and increasing positive emotions. A meaningful leisure time does that as long as it is freely chosen, intrinsically motivated and non-obligatory. These things enable us to increase positive emotions like fun and reduce negative emotions like stress and anxiety. However much your time is based on physical, cultural, or spiritual fulfilment, it is always advisable to stop and savour it. Always be mindful of the small pleasure related things happening around you like having a coffee in a restaurant with friends. They really add joy in your life.

- 2) **The connected life (social life)-** Makes you give others a priority

Quality leisure time helps you feel connected with others through nature. It is quite important to discover that you are part of this world. It can be a simple thing like visiting your relatives, spending time with your friends, heading for a nature walk or friends meeting. You know when you are outdoor, it is easy for you to forget about your stigma. You feel part of the nature, helping you mitigate a sense of isolation because are able to connect to the environment thus enriching your social network.

- 3) **The unfolded or undiscovered life-** Makes you discover more about yourself.

This is more of revealing your identity. When you do things like arts and crafts, it can boost your self-esteem and sense of identity. The recent research shows that when we allow our minds to drift, it can boost creativity because boredom may encourage people to

approach rewards and spark associative thought. Thus, from this platform, you are able to unfold your talent, gifts and express your emotions. Such moments with maximum utilization of those hours can strengthen your sense of uniqueness and increase your level of competency.

- 4) **The composed life-** Allows you to get up from your desk and be in control.

Free time can make you feel less restricted and obliged. That's to say you are not able to control your own leisure activities. Naturally, people want to control their own life. During leisure time, you gain a sense of autonomy and this relates to a better mental health. Remember, being chained to your work place all daylong is not good for your overall health. It can make you slower, lethargic, unhappy, and less productive. However, when you get a break, you become full composed because you get to choose your free time activity and feel a sense of control.

- 5) **The empowered life-** Makes you become more flexible and enhances your brain capacity to learn.

This life actually revolves around transformation. Leading an empowered life is about having personal change, better understanding of who you are and who you would like to be in future. Thus, your leisure time provides you with an opportunity to grow and explore your life. In other words, you try something new, pushing your boundaries so that you feel emancipated and strengthened. Remember when you test your skills levels by challenging yourself; you get an optimal level of experience that leads to a transformed and empowered life.

How to schedule and gain control of your free time

Now for you to enjoy the above benefits of your free time, you must know how to schedule it. First of all, take a look at your calendar and track your time. It is true that you may look swamped, but I believe that we all have free hours throughout the day. So, find out where those hours are located within your schedule. Secondly, think about what you enjoy doing that makes you feel happy about what you desire to achieve in life. This should help you in determining how you should spend your free time. Therefore, move into your calendar and block out those free hours you have identified. Schedule that free time with the activities you want to do during your free time. For instance, if you want to play guitar, sing or learn a new skill and you are free from 2pm to 3pm, then block that period out for those particular activities.

My dear reader, the free time you have is a very paramount thing to waste. I wonder how some of us ‘self-medicate’ ourselves against boredom with mobile phones and watching of television during this time. Others get busy with this moment, doing nothing but just converting oxygen into carbon dioxide. Please, use this time to think about your future. Use it to read books that can improve your memory, concentration, imagination, and communication. Let that moment help you modify and rearrange your thinking capacity. Utilize it by beginning a journal particularly of gratitude and help you put things in perspective. Allow your creativity to grow during your free time. Things like painting, building a piece of furniture, drawing, and singing are a great way to decompress. Use that time to organize yourself by cleaning your inbox, writing a budget, setting your goals as I have mentioned earlier. I tell you the truth, if you fail to be in control of your time, then you will never be in

control of your profits. Instead, those people who are using your free time will control those profits of your invested free time.

I have discovered from my own experience that whenever you gain control of and invest in your free time, you are automatically investing in yourself. Exploring your different interests outside your scheduled work becomes a great way to remind yourself that it is never too late to try to learn something new in life. This actually fosters a growth mind-set rather than fixed one. This makes you feel more resilient and capable of approaching situations with an open mind. I tell you; you may even be surprised on what you are capable of doing at personal level, which is a sentiment to carry with you when you face new challenges on horizon.

In normal circumstances, temptation rarely comes in working hours you seem to be very busy and undisturbed. It is only during free time; men get tempted to do what can alter their potential. This is the period where men are made or marred (disfigured). You know most of us spend years eating, sleeping, working, and worrying about many things but forget that our free time is very important. If it is well used, then it can render you into someone great but if it is squandered, it can harm your capacity. Nevertheless, don't ever become someone's free time by furthering their agendas in comparison to yours. Become too old to waste your time on others who are free in their schedule. Free time will only become important to you when you control and earn it. If not taken carefully, it can devolve into soul killing lassitude. And what if the favourite thing you love doing is nothing? Before you answer me, be sure that if you are underutilizing your free time, you will likely fail to occupy until your visions come true. Look out my dear reader; you may be on a journey towards losing your soul.

Therefore, use your free time adequately and correctly. Just use it alone. And if your friend, who loves wasting your time asks you if you're free today, tell him or her that today you are expensive.

CHAPTER NINE

TIME IS UP DOESN'T NECESSARILY MEAN TIME IS OVER

‘If you hear a voice in within you saying you cannot paint, then by all means paint. That voice will be silenced’ (Vincent Van Gogh)

I have sometimes had a nervous experience when given an opportunity to do something especially when ministering and suddenly informed by the moderator that time is up. I have been always feeling ‘butterflies in my stomach’ as I imagine the pending contents of my sermon I have not yet delivered at that particular point. Similarly, do you remember how you felt when you were tackling an interview or exams, struggling and determined to answer all questions correctly? And if you’re a student who have ever tackled exams, can you recall how the examiner came in suddenly and informed you that your time was up without even a notification of the remaining time? When time flied and caught you off guard when you tried to stop it but it was impossible? I think it was not a nice experience to you when you instantly began to feel how time had gone too fast. You may have felt like a failure who is not going to make it in the very interview or exams due to the pending questions left behind. This is similar to a scenario where you’re given an opportunity to air your views in any meeting and suddenly a moderator stands up and hands you a notice ‘your time

is up' This might have made you feel embarrassed after under delivering your content.

Actually, many of us have been wondering how time moves faster in such scenarios. In our life as we grow older, we sometimes wonder how hours, days, weeks start to blend as time passes by so fast. How morning arrives early after a long stressful night. We become puzzled on discovering how days have slipped past our imagination. How months wears themselves out and years smoothen grows hollow and collapse immediately has been a puzzle to many of us. It becomes difficult to understand how a seven days' week collapses in a blink of an eye. This has been due to our own tight schedules and subjective experience of time in our own minds that seems to run in parallel with what we read of clocks or even calendars. When we realize how time has gone when waiting for something, someone or organizing a premature deal to mature somewhere, we tend to put more focus on the subject. And when we go back to watch our watch and discover that it is far much gone, that's when real tragedy begins. When our high expectations have not been met, we begin to see time as a forever gone entity. The hope of tomorrow becomes completely buried in the ground of uncertainty.

Let me unveil some realities to us as to why we think our time is up which impregnates us with horrible mental side effects in our entire life. The recent research from a neuroscientist David Eagleman shows that the more familiar our environment becomes, the less information your brain writes down and more quickly, time seems to pass by. It becomes a rubbery thing, which stretches out when you really turn your brain resources on. The moment you say everything is in order, you relax, it shrinks up and fails to function

as you expected. Therefore, when you are caught up in a dreaded autopilot mode, we begin to race with time throughout the day with no details of our surrounding. You discover you have a long schedule to work on so as to achieve your target, but no real memory to drive you there. Your thinking creative capacity has lowered to a certain percentage. The activities and schedules you skipped during your prime years begins to haunt you. Then they finally overshadow your memory bank because of its Shrinky condition.

Now despite of the above facts, I want you to understand that time depleting and our memory capacity lowering does not mean time is over. It does not imply that there is no another chance for you. Understand that your time is only over when you exit from this planet. When your purpose is accomplished on this planet and your presence is no more. That is when we can conclude that your time is over. Remember time doesn't change its gears, it is only us who shift our gears on it. With misusing and mistreating it with repetitive schedules that does not experience changes, we feel its pinch when it finds us with half-baked results or ideas. Due to our failure to mix up things and introduce news moments like adventure, relationships etc., time always gets us with our pants down, unprepared and so nervous.

The reality is that time is up and already flying, but the good news is that you are the pilot. It is true that it wants to produce the play about your entire life, but don't forget that you are the script writer of the same play. You are its main controller and director. It is still in your hands until the day you will be gone forever. However, before It's over, you can still do something with it. The fact that you misused it yesterday doesn't mean that the tune will be the same

today unless you are not ready for a change. Remember thinking that your time is over is equal to wasting time. Please don't waste your time on thinking how it has speedily passed by. Instead of worrying about how time has ended without accomplishing something important, use that time working on something that people will admire tomorrow. Concentrate your thoughts and energy on that remaining time or second chance you have been offered. Do you know that sun rays do not burn until brought to a focus? Come on my dear reader! Time is so limited and your years on this planet are very limited. However, you still have a chance to maximize the remaining time you have. It may seem to be far much gone, but as long as you are alive, you can still do something. There is still another chance to be who and what you want to be.

Stop wasting your time in frustrating and embarrassing relationships. There is still time to try new one. Even if you have been hurt, there is still another chance for healing and moving on. Stop wasting your time on people who treat you well one day, then act as if you do not exist the next day. Have you unfortunately slipped in your endeavours? Rise up please it is not yet over. Don't stand still gazing at your failure, move forward because time is also moving forward. Keep your eyes on the stars and your legs on the ground. Do you want to show love and care to someone? Then do it today. Remember there are those who chose to stay at home in the morning doing nothing. However, there are also those who choose to come out and cause a difference in the outside world. Thus, choose for yourself the kind of an individual you want to be in the future. Don't feel sorry for yourself if you failed, there's still time for you. You have another chance to clean up the mistakes you did and wasted your time committing them. You know there is

nobody who is prone to doing mistakes. However, that doesn't mean there is no room for correcting them. It only becomes a choice when it is done repetitively. Therefore, yesterday might have been a losing day but today is a winning day. Get and dress up well like a winner or a champion. Proclaim to yourself that the champion is awake. Face that obstacle with a lion mentality and fight till you win.

The fact that you failed last time doesn't mean you are a failure in the making. Just because you came to a dead end doesn't mean it is time to give up. When you use the remaining time to worry, you are simply using your imagination to create things that you don't deserve like emotional diseases. Find an alternative route and keep pressing on. My dear reader, there is always a second chance. Moreover, do you know second chances happens to everybody. So, when you get it, use it to prove that there's something about you worth believing, having and keeping. Don't be fearful and worried on the gone time. Things are not always what seem to be. You know your fears can play tricks on you, making you afraid to pursue the course of your life. However, behind your fears, are the second chances waiting to be seized. Second chances at family, at love and those opportunities don't appear sloppily. Therefore, when they do, we have to be brave. Take the chance and grab them while you can. I tell you the truth, there is a time that calls for actions and its now. Going to sleep with incomplete assignments, tasks, projects, and visions is more of introducing lazy mentality. Don't give up my fellow champion, time is not yet over. Remember the words of Nelson Mandela *“the greatest glory in living lies not in never failing, but in rising every time we fall”*

CHAPTER TEN

INTIMACY WITH TIME BEYOND INSULTS AND ACCUSATIONS

Time can be one's best friend and at the same time, a worst enemy depending on which state it has presented itself to its users. It can become your friend in most cases when it's favouring you, perfectly matching with your heart desires, soothing your soul and seasoning your life. On the other hand, it's branded your worst enemy in the following scenarios; firstly, when you first show up before it matures and secondly, after it has fully matured. 'Before it matures state' implies that you always find yourself arriving in time. That is to say, you find yourself arriving at work place or meeting point 10 to 20mins before the expected time. However, when we talk of 'after it has matured', we refer to arriving at the meeting point or destination after expected time, which I refer to it in simple term as being late. Now, you find that before it matures for a respective task, you keep waiting for it at the very station, until your patience graduates into perseverance and endurance that finally makes you feel that your time is being wasted. That is when giving up idea sets in. Finally, you break down, drop the backbone of motivation to wait, an evidence of your faith at work. You end up picking its very enemy called fear that has been on the look out to manipulate you. Fear becomes your close associate, giving you details on how time

was not fair with you. When you're for instance past your time target to marry or get married, this time will falsely claim 'behold, those you finished schooling with are all married and enjoying the benefits marriage'. Nevertheless, if you're not yet employed after long time of waiting from the day of your graduation, fear will whisper to you 'your best friends are all employed and you are still hustling and languishing in an employment' You will begin to wonder if time is becoming tribalistic, judgemental and selective on whom to show favour. Finally fear decides to feed your belief system with perverted truths that can't outweigh the reality behind your very time that God has placed in your hands.

My dear reader, if you have ever showed up early for instance on an interview due to the respect you have concerning time factor? Then you discover with your 'early bird mentality', you still missed that job opportunity you were yearning for? Nevertheless, someone promised to give you a job somewhere. Then you organize yourself at the crack of the dawn, with your valid documents and decide to appear at the waiting desk, only to discover that the job vacancy has not yet matured or the interviewer has not yet arrived. This forces you to wait for the person for almost three hours. You feel discouraged and drained after waiting for them and when they appear, the feedback you get from the interviewer is pathetic 'am sorry the opportunity i had created for you has been hijacked by another person who was here yesterday with the same qualifications. So just leave the documents I will let you know when another opportunity appears on board' You later quietly move out of that place with frowned Shrinky face full of multiple disappointments. You find yourself asking yourself questions like 'why did i waste my time coming here? And why didn't he inform

me in advance before coming to this place? You keep wondering how your loyalty applied to your time factor has been threatened and mistreated. You wonder if appearing early to meet any person or in any meeting is sinful or is it those who invite me early are ignorant to your pure and sincere motive of time management.

On the other hand, if you happen to appear at any meeting when time has already matured and expired, the side effects are always worse than when you had appeared in time. You hear those who reported earlier than you saying, you're very late, we have been here very early in the morning and unfortunately the interview time is over. If you would have come early, you would have been considered, but we are sorry', After such heart-breaking responses from respective individuals, you become perplexed and wonder which side of time will perfectly reap its benefits. Especially when you discover that you appeared somewhere early and somebody disappointed you. You finally choose to bend on the side of lateness to taste the waters, little do you discover that you have added insult to the injury. You wonder if you are the problem or the individuals you always plan to meet. All these questions become your daily thinking pattern as you imagine how time is trying to betray you. Time, which you used to love and obey, becomes your worst enemy due to the way people are treating you. Since you can't counter attack them, the reaction goes back to your very time that was innocent and your best friend from the beginning. You do everything to ensure that your time receives the hardest lesson ever. You forget that 'tit for tat' game makes you casualty and candidate of failure. You tend to think that 'an eye for an eye' with time will teach your time lessons, but you forget that you may end up developing mental blindness and begin to nurse unnecessary

emotional injuries. This can cause you not to perceive any opportunity ahead of you at any given point.

However, it's possible to escape these trials and accusations in life if you develop a good union with time. If you decide to design and construct a good intimacy with time, you will not undergo such disappointments. Your perfect link with time will be beyond trials and insults. I have realized that most people have gathered all the mistakes people have committed to them and poured on their time. So, you find that time suffers from the mistakes of others. It becomes a fault bearer where you mistreat it without any valid reasons. If someone invited you somewhere and never showed up early, you make sure that the next meeting won't be effective. You will waste your time, even if it takes doing nothing due to the past experiences you faced due to your 'early bird slogan'. In addition, this will become your habit until you Can't do without. This is the reason why am saying that an intimacy with your very time has to be formulated so that you walk and work in harmony with whoever you encounter in life that seems to insult and accuse your time. If you don't do this, you will find yourself in the middle of the road of life moving and wondering if there are individuals with you on that route.

I hope you know that two can't walk together unless they agree. I mean you can't be in love with somebody until you have signed love contract containing terms and conditions inside. You must be in one spirit for you to move together to avoid friction between the two of you. Similarly, you must form a legal agreement with your time if you don't want to experience disappointments in life. You have to arrive at a point where you pledge allegiance with your time, promising not to disappoint one another so that enmity won't

arise between you and your time. You have to agree with your time that nothing will shake your union. The covenant, between you and your time will be sealed by the garment of honour. The good news is that time is prepared to offer its best riches, legacy and glory to you. It is always prepared to pour out the best ingredients that you need to prepare your life. It's loaded with the best virtues and qualities you desired in life. The only thing it demands from you is honour, which is the seal of your agreement between the two of you.

Thus, developing a deeper commitment, strengthens your intimacy with time. Nothing will shake your union. The waves and insults directed to you due to the honour you have given to your time won't temper with your position. Time will be your best friend that you will adhere to its needs. Do you know all the benefits of time are directed to us when we honour it? Time is the only entity of life that demands a lot from us, but later gives back everything for us to enjoy. It demands your honour, respect and responsibility but we become greater beneficiary when it gives us more than our ability to contain. You will discover that you are getting more profits than what you have invested in it. For example, you invest your time in building family bonds and effective social life. You will end up being invited in couple's seminars, conferences and cooperate meetings just to share to the congregants on how to form and effectively manage family's bonds and relationships. In this morally drained society, what do you think can be the stimulant towards considering you in such meetings? Of course, it is the benefits you have incurred from time after you have given it your best. You invest your time in digging deeper in the scriptures, studying every day to show yourself approved and correctly dividing the word of the truth. After a long time of deeper and

thorough studies and meditation, revelations and sound doctrines begins to paint the effects on the walls of your heart. Your sound doctrines on the word of God concerning the mysteries of the kingdom begin to enlighten denominations and the body of Christ at large. Believers who claim to have inadequate time begin to locate you just to get a tip of the revelation you have downloaded from the scriptures. They will be hungry and thirsty with their ears itching just to hear from your spirit-filled sermons. They will keep wondering how you have arrived to that great wisdom, insight and understanding which they never encountered while they were studying the very chapter and verses. This will be a complete report card to announce to them that you have excelled in maintaining intimacy with your time and it is now paying you back. You see am purely investing my time in writing this book. However, the time it will be well cooked, packed and ready for the export to different regions of this worlds, those who will read and gain knowledge on matters of time management may end up hooking up with me for conferences, cooperates, schools, etc. just to inspire them deeply on the matters of time management. Therefore, you find that my intimacy with time will end up profiting me in the areas of social circles expansion, networking and legacy creation and formation in the society.

I tell you the truth my dear reader, if you will sincerely fall in love with your time, you will never be carried away by articles and objects of disappointments. Those things that wasted your beautiful time will never move you. You may have been for instance progressing with your studies, but school fees shortages knocked you down. Those who had promised to pay for you school fees have retired after their source of income expired. These circumstances

have made you to curse the time you appeared in that institution. But don't worry, find something good you can still do with your remaining time. Remember your major objective is to get to your destiny. Therefore, develop an intimate relationship with time and you will love the results. You may have undergone many break downs, your relationships and friendships suffering numerous blows, but hold on! If you keep in touch with your time, it will yield healthier relationships and good social life than those that you have been concentrating on. I know your ministry is on the shaking and breaking stage, but don't forget that your time has not yet expired. Stay put on the ground, your eyes fixed on God who gave you the times you are operating in. Remember, in bad times and good times, you are still a determining factor on which side to end up.

When your intimacy with time becomes intact, you will operate beyond trials, insults and accusations. You will always see the best that is fixed inside your time. You will secure, protect, care and love your time. You will feed your time with words of compliments. Anything that does not add value to your time will be thrown miles away from you. Hope you are aware that you can't increase time because it was evenly distributed to everyone. Thus, what you can only do with time is to make it yield more results to you. So, if you don't make it valuable, you will suffocate in all spheres of life when it had all you need to enjoy your best life. If you don't understand its content, you will die hungry and thirsty when time had what it takes to feed your life desires and passions. Therefore, advise you to be conformed to the pattern of your available time now. Do all you are capable of doing to strengthen the bond between you and your time. Water and cultivate it passionately and effectively. Prune out the issues and challenges of life that may affect the perfect

match and growth between you and your time. Tell your time “you are my best friend and i promise to respect you”. When the stones and waves of life hits you and you fall down, helpless and discouraged, remind them that your friend time, which presents itself as a second chance in tomorrow, still has the best for you. Show them that you are not surrendering to their pressures but you are still determined to use your time and discover the best out of you.

You want to occupy until our lord Jesus comes back to take you home? It's easy, he has given you free gift of time to occupy in every dimension of life before he comes. Bind your time on your neck and move with it everywhere you go. Dominate and occupy financially, spiritually, mentally and socially. Don't be financially strong but mentally weak. You will be a rich fool. Don't build your financial muscles but you are being terrorized by the rats in your house thinking that they are demons attacking you. You will be creating a highway towards the gate of hell due to spiritual kwashiorkor and malnutrition. I mean you will be in a spiritual death state. Don't be spiritually strong but lacking financial and mental muscles. Please we don't need more lazarus in heaven. Its better you live like a rich man on the earth and enter in heaven like lazarus. My dear reader, get a balancing factor among these virtues without favoritism. Prove your muscles in those areas and by doing so, you will be ready and willing to occupy until he comes. However, if you don't formulate a perfect match with your time and form a union that will withstand the hiccups of this life, then time will be perceived as an enemy and curse that will fight with you for the rest of your life. And guess the outcome? You will earn shame

and regrets every time you try to fight back. No one has ever fought time and won the battle.

By the way, do you know that you can't successfully divorce time? Even if you appear in any court of jurisdiction, hire a competent and skilful lawyer, you can't be able to win against your time. Do you know why? because time was created with you and for you. You can't be able to abort it. You are in an inseparable union with your time. It is fixed in your system and your D.N.A. The only moment you begin to operate outside your time is when you are dead because you are operating in another realm where time does not matter to you. That is when you and your time can legally separate now. However, as long as you are still alive, time will always be with you everywhere you go. Whether you honour it or not, it will be there with you. Whether you love it or hate it, its impact on you will still reflect. If you choose to honour and love it, be prepared of its benefits. However, if you decide to mismanage, mistreat it and fail to create a coupling factor with it, then be prepared for the consequences. Come on my dear reader! you don't have to be a victim of such consequences. Just relax and bring your time closer to you. Embrace it passionately, then wait and see what it will execute in your favour.

CHAPTER ELEVEN

FINALLY, TIME WILL DEMYSTIFY YOUR REAL LIFE

“Time will explain it all. He’s a talker and needs no questioning before he speaks” (Euripides)

Like light that invades darkness and pulls its hidden agendas, so is our time. You know the only way you can know what is happening in darkness is by introduction of light in the very darkness. When light appears on the scene, no one or nothing can withstand its judgement. It unfolds the secrets, impunity, and evils that have been transpiring in its absence. When it lands on the ground, darkness has neither apology nor an excuse than to surrender and vomit out its contents. That’s when the environment will understand what has been going on in the darkness. After thorough investigation, research, consultations, and interrogations, that is when the real life of an individual is exposed. The real lifestyle and the character of an individual are exposed including those who had no knowledge about his existence. At the very moment, no explanation or discussion can be tabled. No one will be willing to listen to you because light has handed over your behavioural patterns. The truth will ultimately prevail where there has been darkness when light appears. When for instance an employee has been stealing from his employer for a long period of time without their knowledge. However, the moment the employer realizes the issue after

investigation, the victim can lose the job instantly. Or maybe a husband has been cheating on his wife for a long time, and then a wife immediately discovers what the husband has been doing in secret. Do you think the wife will just smile or laugh at the issue and move on? Certainly not, and because she is human, she will have to react on that matter seeking to know the reality of what has been happening behind the scenes.

You may have adapted a certain system in life that looks so relevant and of value to you. You may have covered many agendas that seem confidential and career driven. You may have used your time doing what seems to be so important to you. You ran up and down pursuing relationships that are morally compromising. Your parents, mentors, may have cautioned you or friends to abort that channel or route you have been following. You have keenly followed and minded your own business and consistently yielded to the ego and tune of your life. You claim that you are obeying the ‘my life my choice slogan’. You advocate for your own filthy lifestyle and claim that no one is licenced to interrogate your life. As you blindly keep following your own path and ignoring the signals of signs and dangers ahead. As you keep cursing, any conscience that drops in your heart to warn you against the patterns you have conformed to. As you keep obeying the whisper of your stubborn heart, you will witness time appearing on the scene. It will appear this time round when you are tired, morally drained, helpless waiting for nothing but only its judgement. You begin to wonder how it has arrived very soon. You are even tempted to ask it ‘who has pushed you to me so fast?’ You finally remained disguise state waiting for its harassment and punishment. You decide to step aside from the office of your life, giving it a space to expose the fruits of

your labour in every season. Every hidden truth about your life will be exposed now on the day light. Every details of your secret life will at that particular time be handed over to the masses to give comments and decide your final destination. Time finally unmask your entire life and truth is poured out as the final sacrifice of your life.

My dear friend, truth is the only thing that sits upon the lips of time ready to fall out immediately time ends its course. Truth exists within the confines of time and does need neither to be invented nor discovered. What it does is to pop out when time signals it. After you have mishandled your time. After you have misused and wasted it in filthy and dirty relationships. After you have mismanaged it by promoting your lazy slogan on your couch watching TV. After using it to oversleep, over eat and living plan less life. After you have lived the way you thing right, ignoring the call and attention of your time to keep and play it safe. That is when it will ring at the door of your life. After it has become too tired of being mishandled, it will stand on its own, sound a state of emergency and declared ‘stop it, enough is enough!’ It will later slap you with a harsh terrible judgement that will remain printed in the face of your life forever. People will no longer trust or believe in you again. No one will be willing to become your acquaintance after discovering how you have wasted your time. When that reality of how you have slept on and ate your time is exposed, you will have no other options than to surrender.

You know most of us think that when we waste time, that the consequences befall on us alone. However, that is not the case my dear reader. Wasting time is like wasting trust people have invested on you. Because when the reality of how you have utilized the very

time is exposed in day light, then the trust people had on you begins to gradually drop. When you waste your time backbiting, gossiping and roaming around with half-baked truths burning on your lips, looking for who to throw them at, time is keenly watching. Nevertheless, when the people you are used to sharing information packed with cheap lies and pure propaganda. That is when you will notice their trust fading away. People will begin to social distance themselves from you for becoming a ‘high voltage zone’ to them.

You may have promised yourself many things. Pledged allegiance to honour them and follow them clearly, until results are revealed. However, remember that it’s only time that will tell and for us we will just be there to watch with an interest how you are going to engineer those words into action. You may tell people how you think and perceive to be more important according to your state of being, but time will really matter depending on how you handled it. All you have lost and gained in life. What was real and fake within your life, time will give an account. It will tell us what you were and what you were not. It will stand at the centre platform of your life for two reasons; to either advocate for you or judge you depending on how you used it. It will spring out all its disappointments, distress, and regrets explaining to masses how it landed in the hands of a careless person. At that moment, silence will be audible because time will be there to express the facts. It will be there to correct people’s perception and thinking pattern concerning you. It will reveal everything to posterity. It will become a bubbler that will be speaking with no one questioning it.

With how you are handling time at the very moment, it will speak on its own. You may tell us how serious you are with your life, taking it into account. You may disclose and show others the so-

called current achievements without clear evidence that you are the owner. However, do not forget that time has its own mouth loaded with realities. It is always silent at the beginning of the matter and seems to be not vocal at the beginning of the case. When it talks, it does not require any witness because its accusations are true and well proven. It does not hire a lawyer for advocating for its accusations. It's an accuser and a judge that displays to the masses how you used your time schedule and no one can question the accuracy of the judgement. It is the only one that will handle the difference between where you were and where you are. It will expose your inside contents out. In short, when it speaks, matter do not matter. In addition, because time is life, it will release the results of how you lived your life.

Therefore, keep on wasting your time by doing something that profits nothing. Let the motivation of laziness and careless mind-set on time factor keep driving you. Continue overwhelming your nights with overthinking and mornings with oversleeping. Let the insomnia and the internet keep you alert the whole night. Replace activeness with productivity. Procrastinate in every plan you lay aside and keep compromising to other people's plans and activities. Hold on to what you think is the best you deserve. Do whatever you feel with your life because it is already in your hands. However, when time will show up, there is no detail that was locked in your life account will remain un demystified. There is no element that will remain private and confidential. All the books of your life will be opened appropriately for everyone to open and read. Page by page, time will unfold the language of your insults to it. It will be so real that everyone will stand amazed of how you treated time like a rug.

My dear reader, I have a simple advice to you here. Please, do not make a foolish deal with time. If you dare do that, then just be cool and never be surprised when it acts foolishly at the end of the day. Do not panic when it presents itself to you with a different mood. Whatever you give time now, that is exactly what it will give you back later. Any deal you strike with time now; it will exactly give you back the same measure. Whatever investment you put in time; you actualize your real you. You execute your identity in time. You convert the imaginations of your upstairs into real goals that rubberstamps reality on who you are in time. Therefore, if you feed your time with nonsense, do not forget the fetch execution cycle; i.e. garbage in garbage out. When we will begin to see common sense deficiency syndrome, that is when we will understand what is at work in your life.

However, when you feed your mind with nice stuffs and materials. When you align your priorities well and redirect your focus to the first things first. When you dodge and avoid becoming someone's free time. When you arrive, 15minutes earlier than the expected time at work place as many brands you as favour attracter from your boss. When you become serial time investor and not a consumer, then time will also reward you in the same measure. It will lay a plain truth on the ground when everybody is watching. It will reveal your seriousness, dedication and attention you offered to it. It will advocate for you on how you deserve this promotion, job, career, ministry, reward etc. Time will tell a story on how you have overcome the hell you have been going through. It will stand with you because of how you respected it even when pressure was high and darkness of disappointments was almost engulfing you. It will plainly say that you owe it nothing for you've given it the best and

now it is giving you back the very measure with the added advantage.

Time is a daughter of all truth. Whether what you do originates from other people's plans or made in your own plan, we will know. Whether you allowed people to use your time anyhow and failed to defend it, we will know. By the way, don't you know that a dog barks when his master is attacked? I tell you the truth, you will look coward when your time is attacked, wasted, and misused by others when you're remain silent. Therefore, take care of your time. Embrace it and handle it with care because it is so fragile with a fixed expiry date. Make good use of it because it will conceive and give birth to the same seed you have impregnated it with. No more, no less my dear reader.

SUMMARY AND CONCLUSION

Now, have you discovered something my royal reader? That who you are, where you're at the very moment with what you are doing is nothing more than a reflection of how you've put time in account. It's an exposition of your time account balance. It's a truth meter of where you've positioned your time on the list of the most important things in your life. The present state of your entire life is speaking volumes on how you have been managing your time. In fact, if I want to know what you think about most of your time, I just look at the results you are getting in your life. That is what will explain what is going on inside you with time. By just looking at the quality of your life, am able to define your time schedule.

Have you ever known that time can never be stopped or accelerated? However, the good news is that you gain control of it completely. You can govern it the way you want. Therefore, it turns into a blessing or a curse depending on how you control it. Remember you will not live on this planet forever before Jesus our saviour comes back. Before the rapture of the saints occurs, you will face the reality called death. That is when you will be out of time and it will not matter on your side. I do define death as life leaving time. When that occurs to an individual, then their time is gone. Thus, the bible encourages us in the book of *psalms90:12* to ***number our days right***. In other words, its admonishing us to be wise on how to use our days correctly. Time is what measures life. It can change anything including nothing in your life. In fact, time is currency that's used to buy a kind of life that you really desire. Moreover, the only way to increase the value of your life is by knowing who to invest your time with how to invest it and where to invest it. In the book of *ephesians5:15,16*. This is what the bible

says ‘*Be careful then how you live- not as unwise but as wise, making of every opportunity because the days are evil*’. Here, brother Paul the apostle advises us to redeem time because the days are evil. You know redeeming time refers to taking ownership and controlling how we use your time. Moreover, you control it through planning. We design our time scheme and schedule before we face the day.

Remember that you are or you become what you exactly trade with your life. You are exactly what you use your time for. Do you desire to maximize your life to the fullest? Then you need to first maximize your user time. When I talk of maximizing, I mean going to the end of you. To empty yourself to full capacity. Failing to maximize your life is as aiming at nothing of which you will automatically hit it. My dear reader you are not born just to pay bills, earn a living, and rest in peace. God positioned you on this planet with a specific purpose. He placed a seed of greatness in your D.N.A system so that you die empty. He gave you a heart with a deposit so that you vacate this planet empty after you have influenced generations and transformed communities. He wants you back the way He created you i.e. after you have filtered out the potential and the beauty, he packed within you and served His purpose in your generation.

In other words, this is my point; you need to die like our lord and saviour Jesus Christ. You remember when He was dying on the cross, he never said “am finished” but he said “it is finished” In other words he was saying the deposit or the assignment was finished. He was through with the task God the father had given unto him to accomplish on the face of the earth. He never died old, but rather he died empty. At a tender age of 33 and a half years, he

was gone, but the influence he caused on this planet, no man has ever broken that record or caused that global legacy again. It's now 2020 years when shook the whole world with his wisdom that many people struggled to comprehend up to date, he is still living in the hearts of men and women who took him as their model. Through his fulltime missions on this planet, he proved to many that it's not how old you die that matters, but it's how old you will live in the hearts of men. Therefore, don't subject yourself into a good balanced diet to live long and die old, no! Strive to die empty! When your time to die comes, do not be like those whose hearts are filled with fear of death. You know when they realize that they are almost dying; they weep and pray for a little more time to live over again in different way. That should not be your case my dear reader. When you are dying, sing your death song and die like a hero who has died empty and going home peacefully. You know, Apostle Paul declared in the book of 2nd timothy4:6 that he is like a drink offering being poured out for the lord. He later said am spent, meaning he has invested in his time and accomplished his assignment appropriately. He did not die old my dear reader, he died empty. You remember what he said. *‘I have finished my course kept my faith and now God has kept for me a crown of righteousness’*. In the book of Ecclesiastes11:8, the preacher says *“However many years a man may live, let him enjoy them all. But let him remember the days of darkness for they will be many. Everything to come is meaningless”* In short, this scripture encourages us to enjoy our time fully, but in a wise way. That is to say you have many years on this earth not just to live but also to enjoy them. As you enjoy the days of your living on this planet, you need to make every day count.

As I arrive to the destination of this entire script, let me ask you a simple question. What is your biggest time waster? Is it your friends, job, boss, relatives, career, or yourself? Are you your own biggest time waster? Are you the one sleeping on your time and eating your time the way you want? Are hard times hitting you hard because you're rigid to reschedule your time? Are you the one misusing your own free time? Are you squandering your time instead of investing it in important things like reading, meditating, setting goals, strategizing your visions etc.? If you finally discover that you are the cause of your state or life pattern, then you owe you an explanation. You need to look at yourself in the mirror and say to that person in the mirror 'you let you down! My dear reader for sure, you owe you an explanation as to why you are not getting up on time, why you are wasting your time on cheap and unprofitable conversations. Please do not blame anybody for your failure at this moment now. Go back to the mirror and remind yourself again, 'I let I down'. Then from there, put yourself on a serious punishment. Tell yourself from today, no more soap operas on TVs, no more oversleeping, no more engaging myself on silly conversations, no more becoming a subject to someone's free time. Tell yourself that you re working out things now. Promise yourself that you're rewiring the circuit system of your time again. My dear reader, you need to remind yourself that you owe yourself something.

I agree with you that your desire is to be somebody great and walk in the blue prints of success, but when I see your value system, it is totally reading something different. Your value system always says you believe in oversleeping and watching unprofitable movies which you have supported severally more than using your early mornings to grind your value. Your value system indicates that you

are a mediocre and serial joker in the ministry who arrives late and not willing to participate in any programmes of the ministry. You never grow and advance in the spiritual matters so that you can be able to correctly dividing the word of the truth. Remember that the litmus test of any spiritual growth in your life is the service you give to the ministry and not how much you know concerning the constitution of your ministry. If you are not serving then be rest assured, you are not growing. I hear you value system saying you always arrive 30mins late at your work place due to a desire to register a highest number of chats and greetings on the way towards your work place. You are reading any kind of life motivating a book concerning time including this one that you are holding in your hands. You are always reading, narrating almost everything the books are saying about you and life but unfortunately what these books contains and saying are not aligned with your values. There is no coupling factor between what you read and the impact printed on the face of your life from what you read. Then I would rather tell you the truth that if you would like to go far in life on matters concerning how you use your time, then consider your values. You will have to interrogate your values and acquire a phase shifting on them. Change on how and what you believe about yourself. Value your time and the whole chapter of frustrations and misfortunes that comes because of time mismanagement and mishandling will be permanently closed in your life. The situation that has been mocking you will begin to pave way for your celebration.

I love what Twyla Tharp revealed *“everything that happens in my day is a transaction between the external world and internal world. Everything is a raw material. Everything is relevant and usable. Everything feeds into my creativity. But without a preparation, I*

cannot see, retain and use it. Without TIME and effort invested in getting ready to create you can be hit by a thunderbolt and it will just leave you stunned'' The point being expressed here Is that time is very vital and its inadequate application will make you leave in a mere dream that will never be of relevance to you. I know you love the idea of doing the right thing and always maintaining your integrity. Question, what if what you are doing is at the right place but at the wrong time? Then someone suddenly appears at the scene and asks you, excuse me, what is the time by your watch? You decide to check your watch and discover that you are slashing your only remaining time and misusing it like free internet bundles instead of applying it on the important tasks ahead. You are finally pushed to go for them but you find it is already too late for you to work on them. You remain transfixed at one position ending your day tired and unproductive. Remember the Chinese proverb “*An inch of time is an inch of gold, but you cannot buy that inch of time with an inch of gold*” Please keep watching your watch regularly. Stick to your time like postage stamp on a letter until you arrive into your destiny. If you do that, then I promise you, you will not only add value to every minute of your life, but you will also be paid for every value you bring to every minute of your life.

Thanks for reading

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