Episode 30: Get Organized Once & For All: Eliminate Time Wasters

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ELIMINATING TIME WASTERS

A big thing that can get in the way of us reaching our goals is running out of time. There are days when we don't have a minute to spare, but there are also days when we run out of time because a lot of our day was spent doing things we don't actually care much about. Those are what would be considered time wasters.

THIS IS A GUILT FREE ZONE

No one is here to judge and only you can decide what is a time waster for you personally, but essentially a time waster is something that takes up more of our time than intended. It's something we all fall into and so as we go through this episode, we'll be extending ourselves lots of grace.

What we want to do is put ourselves in the driver's seat so that we can be in charge of our time and where it's going.

SOCIAL MEDIA

An obvious thing we can look at is social media, checking our phone, watching YouTube videos, and playing games. In and of themselves, these are good things and should be enjoyed, but it is easy to get too much of a good thing and that is when it becomes a time waster. So how do we know if it's too much?

TAKE A TIME INVENTORY

The first thing to do is take a time inventory, which is a lot like budgeting. You can't make an effective budget without knowing where your money is going. The same is true of your time.

You can do the classic tracking of every single minute of your day, but for many that can be overwhelming. If that's the case, you can also do a little self reflection and take inventory of where your time has gone the last few days.

SCREEN TIME ANALYTICS

If you think some of your time wasters are coming from your phone, most phones have a built in capability that will give you screen time analytics which will show you how much time you are spending on your phone. Once you know where your time is going, then it's time to decide if you're happy with that.

THE FUNNY THING ABOUT TIME WASTERS

Typically things such as scrolling social media, Pinterest, or YouTube are not the things that fill our cup or what we enjoy most. They are the things you look back on and wonder why we spent so much time doing that. It's become a habit.

If there is something in your life that you wish you weren't spending so much time on, you

can sometimes just delete the app or the game and move on. But it doesn't have to be an all or nothing approach.

SETTING LIMITS

Most phones have the ability to set screen time limits. You can set specific times of day where it will prompt you to put in your passcode before it opens a certain app to remind you that you are trying to limit your time on it.

It can also be helpful to remove the app from your phone all together and only access it through your computer. You can still access it, but it won't be as easy and quick to access as it is on your phone.

You can install feed blockers on Google Chrome, or something similar in other browsers. This means if you open Facebook, you don't actually see the normal feed. You can go to someone's page and see what's been posted, but the feed of random things from Facebook is not there.

You can also just set some goals for yourself. Maybe you want to detox from an app for a week to break the habit.

MORE TIME FOR WHAT MATTERS

Taking back time can give you more time for maintaining your organized spaces and systems, and that's great! The real point of all of this is that by taking back your time you can find more time to dedicate to the things that matter to you the most. That extra time is going to mean less stress, more peace, and more joy because you are spending your time intentionally with the things that fill your cup.

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