

# Your Time is Sacred

There is nothing more unholy than divided time.

A unit of time where you are doing something while wanting to do another; begrudgingly willing the hours and half-heartedly being pulled along.

It doesn't matter what the thing is. It matters that you do it undivided. If the least bad option is to shovel shit, do it. But do it wholeheartedly, with single mind, without regret.

You own your time. Act like it.

You have to decide how to spend it moment by moment. Do not let yourself be cajoled, guilted, or bullied. You will end up doing one thing while pretending you have no choice and bitterly wishing you were elsewhere. Your mind will be in two places, neither of them powerful enough to make a dent.

It's your time. No one can use a unit of it but you.

Make your choices clearly and definitely. Be ready to alter them when information and incentives change. But never let anyone but you do the choosing and altering.

And own it. Fully.

When you make the choice, don't look back and don't pretend you didn't. A unit of time lived in a way you don't want is a unit of time unlived. You can't get it back. You're weaker because of it.

Oneness between intention and action creates desired outcomes.