

The simplest way to get an extra 3 hours a day is to do what you love

More precisely, how to reorganize your time fund for an extra 3 hours of work you love every day.

With each passing day, your life is a reflection of your organization and work arrangements for 24 hours a day. From the difference in lifestyle of each person, it can be seen that there are countless ways to allocate time for specific tasks.

You may say that your current time management is quite good. However, is that the best choice? Let's look at the following examples.

Case 1: Stacy

Stacy is about 40 years old. She has two 10-year-old boys and 12-year-olds who don't go to school. Stacy teaches her children at home according to the Home School method. She works about 2 days a week but most of the time she spends her time educating her children.

A few years ago, Stacy's day almost followed the following plan:

Wake up in the morning: Between 7.00 - 8.00 AM.

Prepare breakfast and breakfast: Around 8.30 AM.

Teaching for children: From 9.00 AM - 2.00 PM.

Relax, relax (nap, surf .): From 2.00 - 5.00 PM

Prepare dinner: Between 5.00 - 6.00 PM.

Dinner with family: Between 6.00 - 6.30 PM.

Going out with family: 6.30 PM - 11.00 PM (although bedtime is not fixed).

With this schedule, she could hardly fulfill her dream of practicing to have a good physique and complete her first novel. She decided to reorganize her 24-hour fund to spend time with them.



This is Stacy's schedule after she decides to restructure:

Wake up: 6.00am.

Exercise at home: From 6 AM - 6.45 AM (Cardio exercises help her increase her heart rate to some extent and release dopamine).

Body recovery, relaxation: 6.45 AM - 7.00 AM

Breakfast (healthy breakfast in shorter time): From 7.00 AM - 7.15 AM.

Meditation: From 7.15 AM - 7.30 AM.

Taking notes (for example, setting up to-do lists, goals and visions, daily affirmations to increase determination): From 7.30 AM - 7.45 AM.

Writing novels: From 7.45 AM - 1.00 PM.

Lunch with children: 1.00 PM.

Teaching for children: From 1.30 PM - 4:30 PM.

Prepare dinner: From 5.00 PM - 6.00 PM.

Going out with family: 6.30 PM - 10.00 PM.

Clearly, some of the little tricks in reorganizing a day's work changed Stacy's life.

First, she went to bed and woke up an hour earlier. She builds healthy habits in the morning to regain her shape and orient her life the way she wants.

Before that, Stacy spent a few hours in the afternoon relaxing and restoring her body. After 5 hours of teaching for children - and knew she would soon have to prepare dinner - she needed a break.

According to a psychological study, **your will is strongest in the morning and after a night it will be recreated.**

Not surprisingly, in the middle of the afternoon, Stacy's will will be reduced (with her old schedule), so she spent this time (from 2 pm to 3 pm) teaching them both. boy. Next, she optimized 2 to 3 hours in the morning to do what she wanted - the time when her will was stronger. Currently, Stacy spends the morning giving herself to do her favorite work without being disturbed by other things.

Not only has she completed many works and improved her health, now Stacy is also more clear and confident about her future - a beautiful life she wants.



So how can Stacy redistribute her schedule?

Stacy talked to her child. They will eat breakfast and freely do what they like in the morning (within the limits Stacy has set) such as reading books, watching TV shows about documentaries or accessing educational websites - which they love.

Instead of devoting 5 hours a day to teaching children, Stacy focuses on quality over quantity with a shortened time of 3 hours. Like exercise, a high-intensity short exercise is always better than a long, effortless exercise.

Case 2: Matt

Matt is nearly 40 years old. He works about 40-50 hours per week at a company. He has a wife and 4 children. He is also an athlete who has participated in many marathon competitions and his dream is to conquer a 100-mile run through more rugged terrain like mountains and forests one day.

Matt runs 365 days / year. Usually, he ran after going home from work, then went out with his family a few hours before going to bed.

He decided to move the activities at 9.00 PM to the morning because from 9.00 PM - 10.00 PM was his most unproductive time (the will will decrease).



He began to change by waking up in the morning between 4:30 AM - 5.00AM and running two hours before going to work.

All Matt did was rest between 9.00 PM - 10.00 PM (instead of continuing to exercise as before) and getting up to an hour earlier in the morning.

Matt also has more time for his family. Instead of walking for 15 minutes and running 1 to 2 hours after work, now, Matt is going home.

By reallocating an hour of the day, Matt actually had 3 extra hours of quality every day to do what he liked.

24 hours is enough to create a life you want. Divide and do what in the fund this time it's your duty.

Just like the case of Stacy and Matt above, you only need to know when the strongest and most spirited will, then, transfer important things or things you like to do at the time.

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