

Time Peace Program

Save time, create time, and have more than enough time. And do so peacefully.

A. Distinctions to Identify and Embrace

Peace requires a deeper sense of yourself to the point that you stop having concerns or worries. To get to this rich place, one needs to learn and understand more about what time is, how it works and how to relate with it properly.

- I have far more time than I need.
- Time is a flow; I can't get more of it, but I can do more with it.
- The more powerful and able I become, the bigger my boundaries need to be.
- Cutting out 50 percent of what I should do grants time.
- There is plenty of time for what I am ready for.

B. Habits and Conditions to Install in Your Life

Having time and peace usually calls for a change in routine, priorities, and lifestyle. One may have to radically change one's habits and conditions just to free the pendulum, and it may whack itself on the opposite side of the case before finding its natural center of balance.

- I am always early. I leave early, I arrive early, I return earlier than I said I would.
- I keep my word 99 percent of time, but I don't panic or rush or use adrenaline when I can't. But I do revoke promises and give early warning if I must.
- I've made a commitment to value my self and my time.
- My three key boundaries are simply never crossed.
- I have at least one free hour each day.
- I put my needs ahead of another's wants, needs, or problems.
- I take the path of least resistance, and then I fully apply myself. I row gently downstream.

C. Personal Skills to Practice and Master

In addition to changing habits, one can benefit by developing or strengthening interpersonal and life management skills.

- I ask for exactly what I want, not what I think I can get.
- I stop people when they say or do something that doesn't sound straight to me if it affects our relationship.
- I am a master at saying no even when I should or could say yes.
- I know how to prioritize, so I get what's most important to me done first.
- Each day I work on the goal, project, need, or skill that will give me a real future, not just incremental progress.
- I can sense people who will waste my time or take my energy from a distance and I take steps to avoid, manage, or educate them.

D. What to Stop Doing Forever

To have time and peace, one usually needs to give up some behaviors or routines. During this process, you may feel irritability, freedom, boredom, confusion, a sense of loss, or rushes of energy.

- I don't tolerate anything from anyone, and people still like and love me.
- I don't create problems or dramas in my life anymore.
- I don't gossip or spread talk about others, good or bad. I talk about the person with whom I am speaking.
- I don't hang around with people who diminish me or give me a hard time.
- I don't set goals that I should; I set goals that I want.
- I am not defined by what I do, so I don't have to do more to be more. I am who I am, and I am happy about that.