



“Something to think about” article 1

You have 4 years to live...

Your Time.... so invest it well.

It should not always be about work or the money you know!!

This is actually a wake up call to all who make work everything in their life, and maybe forget about the most important part of life....living it! The precious stuff, putting people first, having time out.... having a balanced life.

Is your time given to anyone or just anything willy-nilly like? Do you waste time, spend it or do you invest it? Your time should be invested and like all good investments show a healthy return.

Life is all about mathematics.

Everything we do is based around the numerical system.

When do we arrive? How much do we weigh? When were we born?

What time is it?

When do I start? When do I knock off? How much do I get?...etc..etc..etc

If you are lucky enough to live to the age of 80, first of all well done, congratulations that's not a bad average if you hit it. Now let's get down to the hard facts....80 years old, what does that actually mean?

If we use the following mathematical equations it looks like this: -
80 years = 29,200 days or 701,000 hours.

So what do you do with your time?

On average if you are like most of us, in a lifetime we: -

Sleep for 26 years! Yes 26 Years... scary isn't it?

Most of us work and go to school for 23 years... We eat for 6.6 years solid...

We are actually in the bathroom for another 2.5 years... We spend 4 years

doing our chores, things we have to do, the lawns, the shopping, dropping off the kids, the running around.....

We spend another 4 years travelling to and from somewhere in some sort

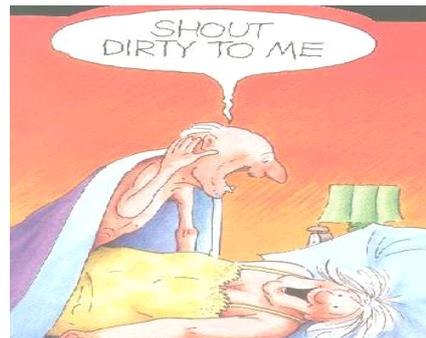
of vehicle or transportation...9 years actually goes to our family & friends and after all that, you as an individual will be left with 4 years.

4 years to yourself

4 years = 1460 days, to make it sound a little better it is actually 60,000 hours or 1 million minutes

That's 4 years to live...so live it well I say.

The scary thing is that I haven't factored in old age. The closer we get to 80, the slower we actually become, but don't worry, some things actually get better as you get older.



When you get to 50, forget the health food, by that time you'll need all the preservatives you can get.

“growing old is mandatory, but growing up is an option”

We live in a changing world.

Everything around us seems to be moving rapidly. Today it seems that everyone is in such a hurry to get things done or just to get to where they are going a little quicker. We should learn to enjoy the journey along the way see the sights, when was the last time you stopped the car, got out and plucked a rose to smell it?

Did you know...most people don't really talk anymore; today, we talk half as much as we did in the 1950's. If we compare the 1950's to today... today we earn twice as much, both parents work, we have twice as many material things and have twice as many rooms

in our homes, we think about work twice as much as we did in the past, we actually buy homes that we can't afford, with money that we don't really have, to impress people we may not really like.

No time to waste...

Have you ever found yourself at an elevator pushing the button madly, thinking... that the more times we push the button, the quicker the elevator will arrive? (No chance) it's happened to me. Have you ever noticed when standing at a pedestrian crossing how many people will actually push the traffic light button hoping that they will get a green light sooner? Most of us actually put one foot out on the road waiting for the first sign of green so we're ready to go again. So if we have no time to waste, we should love everything what we do!

Anybody can get paid an hourly rate. But no one can get the ultimate pay, an hour-per-hour pay. For every hour you work you get a bonus hour to live. Sounds great but doesn't happen. You can never get time back or go back and re-live a wasted moment.

Realising the value of time is important

and where one should invest it to get the best return.

Most people, who are lying on their deathbed, don't say to themselves... “Gee, I wish I spent more time at the office”

To really realise the value of your time, those days, hours, minutes and seconds...ask an Olympic athlete who has just won a silver medal, or a person who has just avoided an accident what a second means to them.

If you want to value an hour, ask two people who are passionately madly in love and are waiting to meet what a hour means to them and if you want to realise the value of a month, ask someone who has only weeks to live.

ray's "Something to think about"



Time is precious don't you think, but it's not the time that is actually precious, it's what you do with it that is "deposits and withdrawals"

Here is some good advice to live a little longer

1. **Sleep less. Get out of bed an hour early, go to bed an hour later. There is plenty of time to sleep at the end.**
2. Mix business with pleasure. If you are going to make work a big part of your life, enjoy it.
3. **Eat healthy smaller meals.**
4. Bathroom - Ladies gel is OK sometimes, forget about the hairdryer and guys don't shave on weekends.
5. **Chores - If you need to mow the lawns or wash the car, stretch it out a little. If it needs to be done every 2 weeks, do it every 3.**
6. When traveling, walk when you can saves you exercising in your time.

...and If you do all this, you would probably add a further 6 years to the 4 you have!
Don't waste your time it is such a precious commodity.

So what is success to you? ... what really matters in your life?

Sadly, today most people are driven to succeed financially...what do I have now and what could I get next!

What drives you? Are you driven to succeed financially only or, are you driven to be successful in many other areas?

Success can be measured in many different ways... being a great parent or doing great at school, knocking them dead at work, sprinting to the top of a sport... just doing something that really makes you feel great!

To be truly successful ...have a go at anything, do the best you can with what you have in everything you do.

Here's the trick, you need to be happy with who you are and what you have now, what you stand for in the world, only then can you be truly successful within yourself. Yes the money helps and can make things in life a little easier, but in the end we all end up the same way.

We all leave this life as we entered it... empty handed. So it comes back to what is important to you...

I was watching the news one day where a young couple and their two children (a 6-year-old daughter and 9 year old son) were looking out their window and could see one of the worst and most horrific tornados in history heading their way.

Dad, looks around at his family and then down at his little girl, and said...

"Darling, do you want to get in the car and go to Grandmas?"

The little girl, with her rag doll under her arm and glassy eyes wide open looked out the window and said...
"Can we go down into the basement Dad, I'm scared?"

The father took his family down into the basement and tied them all to a pole that was the foundation pole to their home.

As the tornado came and went and the family emerged from the basement, they looked around and the tornado had taken everything they owned. Every single last thing... the house was completely gone and everything in it, their car, their clothes, their photos, the kids toys, the street was flattened and many peoples homes destroyed, they were left with nothing but what they had on their backs. As the little girl was calling out for her missing dog crying, the father with tears in his eyes, looked at his family and then looked up into the sky

with all the enthusiasm he could muster and said, 'thank you God!'

Some of us who have been bankrupt (like myself) and have lost what most of us consider the lot don't look up and thank God at the time.

I may have used the name 'God' in a different way "Oh my God what now?" See I was driven financially, success to me then was all about the money, the things I had and the things I was going to get next...Today I thank God, because I have learnt that

"the best things in life are not things"

So when you get up in the morning and look at yourself in the mirror and say... gee, I have a lot to be thankful for, yesterday was a great day and today should be even better.

If you can count all your arms and legs, if you can see and hear, if you and your loved ones are not sick or terminally ill, if you don't live in a country surrounded by poverty and disaster then you may indeed have a lot to be thankful for... kids, wife, husband and health. It's funny that most people who go through some type of disaster, who have missing limbs or can't see, actually have a better outlook most of the time on life than the people who have it all.

See what that man knew that lost everything in that tornado that day was that things could be rebuilt or re brought but the most precious things of all to him... were standing beside him.

Ask yourself, do you have quality time for yourself, your family and friends. Enjoy those precious moments... minutes, hours and days they don't last long!!

We all attract to our lives what it is we think hard and often about.

See you in the April issue of "something to think about"

