

# Time Management is an Oxymoron: Five Questions to Better Time Management



Time is a constant 24 hours or 1,440 minutes or 86,400 seconds each and every day of the year. **HINT: With time being a constant, then no one can manage time.** What we are really doing is changing our beliefs about learning how to better manage ourselves.

With the variety of tools from hard copy time organizers to electronic PDA's, individuals today should be far more in control of their time than ever before. What usually happens is that the consistent use of these tools and strategies declines somewhere between 30 and 180 days after taking a [time management](#) public workshop or internal training offered through the human resource department. The reason for this is quite simple. People are focusing on their behaviors, which are the desired end result, and not on changing their beliefs.

For example, if my belief is that [time management](#) is about time and not about managing myself within time, then I will be one of many in "Re-Do" mode. Only when I realize that I must look to my belief first, then my attitudes will change which will then cause positive behavioral change.

By identifying and acknowledging our beliefs away from the constant ticking of the clock to changing our own attitudes and therefore behaviors, we can begin to use time more efficiently and effectively. To begin this change requires answering the following five questions:

1. What do I want to see differently about my own behaviors after I take a public work or receive executive coaching?
2. Why haven't I been able to better manage myself within the constant of time?
3. Is my inability to stay organized and be on time connected to any other challenges that I may be experiencing either personally or professionally?
4. What strategies do I need to learn and apply to become more effective and efficient?
5. What commitment am I truly willing to make to become the master of my own behaviors?

Now, with these questions fully and completely answered, set a goal to take control of yourself. And very quickly, if you are committed (see your answer to question 5), you will quickly double your results, be a much happier and focused person in the process and be a victor to your [time management](#) challenges.

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