

I have gotten quite a few questions from classmates, family, and friends how I manage my time. Being a full time student, working two jobs and paying for my entire tuition and living expenses independently may sound like a lot, but I have created a unique system on *How to Deal*. I created this *How to Deal* method to help me succeed in everything that I do and to still have some extra time to myself! You want to fast track to the end? Think about your mindset. What does everyone always say? "I have no time." I'm here to show you that this is just not true.

The first thing you need to do to actually be able to handle and manage your time wisely is to stop saying that you have no time! When you shift your mindset into thinking "I have all the time in the world" or better yet, "If I work on this now, my future self will thank me." When you make this small little change, you will realize that you will have time to spare! I am able to do all of the tasks that I am required to do and evens some extra work, and still manage to have time to myself. I can do this because I have a positive mindset on time. Time is never ending, so why does everyone assume that time is limited?

I'm going to say it again, set up that routine for yourself. When you know what you are doing and when, this sets you up in an orderly way for success. Having a general idea of how long that fashion assignment will take you and knowing what time you are most creative at, adjust your schedule to fit it. Also have a set time you wake up and a set time you go to bed, and a specific routine for those two times during the day. You want to make sure your morning routine prepares you for the day ahead, and that your night time routine winds you down for rest so that you can refuel yourself.

Having time for yourself during your busy days is not as difficult as it may seem. Remember before when I was commenting on your morning and night routine? Those are the main times to yourself. This doesn't mean you have to moan about how that is the only time you have to yourself. (Remember that schedule from before, if you finish a task early you can work ahead and or take a rest). You will see that time you set aside for yourself as your "Me Time". In a way you can see it as a gift to yourself. See, change your perspective, change your life!

I want you to know that time is not an object that is something not within your grasp. Time is a continuum and we are such a small part of it. Do not allow your time to rule you, but give yourself the gift of ruling your time. When you change your mind set on time, time becomes a simple entity that you are in favour of. This *How to Deal* method I created helped me manage my life during difficult times and gave me the opportunity to create the life I want to live simply because I changed my perspective. Our minds can dominate our lives, but we are the ones who choose to allow our psyche to do so. Make the choice of leading your life, instead of allowing your mind to control your destiny.

**MBL**