

Go Ahead, Blame it on “NO Time”

By Dania Dbaiibo Darwish

How often do you hear people saying “I don’t have the time to do this or that...”. If we scrutinize the idea of lacking the time, more often than not, it’s just tossing around an excuse to escape doing something. In reality, we are not MOTIVATED enough to make the time for it. We inadvertently scan the significance of our actions as we decide if something is worth attending to, or not. What’s the alternative? How important is it? Is it a priority? Is it my sole responsibility? What’s the yield for me? Can someone else do this instead? We are in a race against time and it’s enough that much of it gets devoured by external forces. We are taunted and goaded into action by duties and obligations, so we’d rather be very selective in spending whatever time is left for us (rightly so); thus, relegate many things to the periphery of “no time to deal with it.”

The main concern arises when we succumb to habitual patterns of not doing, and blame it on lacking the time. Take for instance the infamous argument of not having the time to exercise (hear it all the time, right?). How come those who have a serious ailment, and were advised that the best way out is to incorporate exercise in their routines, would miraculously fit it into their crowded schedules? They’d get up earlier in the morning, expend the extra effort after working hours, or even interrupt their day for a jog here or there. Look at how productive those working mothers are when compared to home-stay moms. They effectively manage their time and efficiently deploy their energies to make all ends meet. Aren’t you amazed by those who multi-task and are constantly fired up to self-improve? They jump from one thing to another, planning ahead, setting goals, and are in a relentless battle against inertia.

What makes those people different is their ability to CREATE the time even if it meant doing nothing more than recharging their batteries. They are more focused on what they want, make conscious choices, and are experts at time management. In the end, what we carry out expresses either our obligation or motivation. We can blame in-action on lacking the time, but the truth is we have ample time.

Twenty four hours at our disposal; the week is abundant with another 168 hours; we can stretch it out further to count the hours per month, months, and even years. Go ahead, fool all others, sugar-coat the truth and beat around the bush, but at least let's be frank with ourselves: Doing is an active choice. "It's not about not having the time to do this or that; it's about not being motivated enough to make the time to do this or that..." ~ 3Ds.

