Interesting time check
Posted by jda211 - 02 Feb 2011 20:47

I was trying to fall asleep last night when i started doing some math (not my strong suit). Now this point is no chiddush, and i'm pretty sure someone else had mentioned something similar in the past, but i found it interesting and it gave me a little chizzuk. Each person's calculations will be somewhat different, but you'll get the idea. there are 24 hrs in a day, i sleep or am trying to sleep for abt 8. i daven for about 1.5 hrs, i try and learn for abt 2 hrs. i am driving in my car to and from work/shul for about 1.5 hrs, and i am home for lunch for abt an hour, and another half an hour for dinner. i am in the bathroom/showering for about a half hour. i work for a few hours (even though surfing and wasting time is a problem for me) but lets say for 5 hrs. Spending some time with my wife and kid, and we are looking at barely 4 hours of "free time" and lets be honest i should be working for more than 5 hours. and out of that 4 hrs, how much of it is really me under duress and involved in this struggle (granted some driving time and other time leads to nisyonos). my long point being, if i just think when i have a nisayon, to daven for Him to fight it, and remember there isn't much time left in the day, it made it a little easier for some of my thoughts today. granted, as everyone points out, the point isnt to run out the day, its to grow and use my time, otherwise its pointless, but this is just a little strategy perhaps to get us through a couple more battles while we grow.

Re: Interesting time check

Posted by DovInIsrael - 02 Feb 2011 21:54

hi -

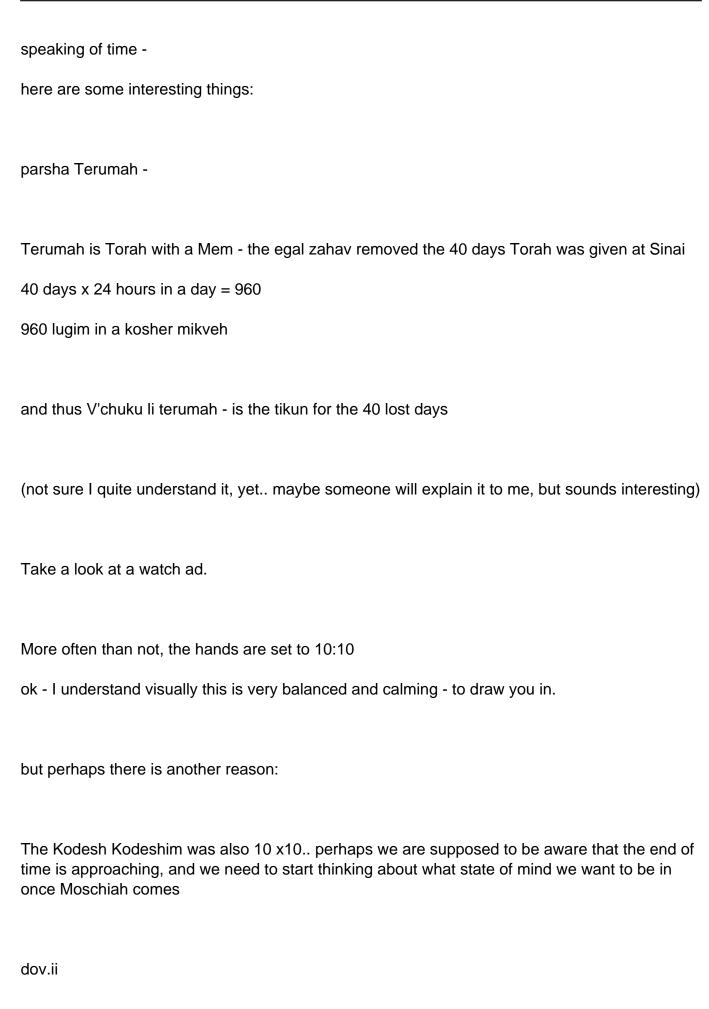
just so you know..

the average CEO - spends 2 hours of productive time working the business

the rest is spent on distractions

add an addiction to the equation - and HOURS, DAYS, MONTHS can literally just vanish!





GYE - Guard Your Eyes