

## Time

"Time is what we want most, but what we use worst." This quote by William Penn describes the preciousness of time in a wonderful way. He inspires us to think about the one thing that is called most important by many. Still, in our modern society, the use of time is flawed. There is a great deal of reasons why we are not able to use time in an optimal manner. However, the most important circumstance that conflicts our use of time is the fact, that we as a society are not able to fully understand what time really is. Another limiting factor is that, just like William Penn stated, we generally want more and more time but are not using it according to our personal needs. Furthermore, most people are not managing their use of time wisely.

Time is too complex to be understood by our society. As time is no natural circumstance but just an imaginary phenomenon, there is no total, no scientific, explanation for it. This failure of understanding is proven by the many different attempts to explain this man-made matter. There are hundreds of explanations and definitions of time, their creators ranging from Albert Einstein to John Wheeler. But none of them offers a complete and utter definition. Clearly, this failure of understanding our precious time is restricting us in managing and consuming it. The matter is comparable to a math problem. If I don't know the theory of the according topic, I will not be able to solve the problem.

Today's society is not only focused on the gain of monetary wealth but also on the gain of as much time as possible. Of course we cannot stack time as we can do it with money, everyone has 24 hours per day. Still we all hear phrases like "I wish I'd have the time to do this and that" everyday. Gaining time is about having the ability of using and managing time wisely. But exactly that is restricted by our everlasting wish to have more time at our disposal. All the time we use up wishing for more of this precious good, we do not realize that we could spend this time in a wise and fulfilling manner. Leonardo da Vinci once said: "Time stays long enough for anyone who will use it."

Another factor that contributes to our flawed use of time is our failure to manage and plan our consumption. Time management is crucial in personal and business life. To make sure we are using our limited time ideally, we need to invest some of that time into planning on how to use all the rest of it. This will lead to a much more balanced use of time, where time is not the aspect that is sought after but at our disposal. As time management is life management, effective planning must be seen as a great personal investment opportunity.

As I have learned just recently by the sudden death of a close family member, time really is the most precious good that we can possess. It is crucial to use the time that we have at our disposal, each and every second, in a wise and fulfilling manner. To prevent a flawed use of time, which is much too common in today's society, one has to agree on a

personal definition of what time is to oneself. This personal definition will give you the psychological support that you need for a wise time consumation. Furthermore, we need to accept that time is what we make of it. There is no point in whining about having not enough time. You better use your 24 hours per day in such a way that you can go to bed with a smile on your lips every night. Last but not least, to make good use of our time, we need to invest some of it into planning and managing. Granted you are following these recommendations and add a pinch of self-realization, you will be able to use the most precious good of mankind in a balanced way.