Firstly, through the time diary project, Laura discovers that time is highly elastic. People can find time for important tasks, even in their busiest schedules. Time, she argues, can stretch to accommodate our priorities.

Next, she moves to the core of her talk, which is prioritization. She encourages listeners to treat their priorities as non-negotiables, much like a broken water heater that demands immediate attention. This illustrates that saying "I don’t have time" should really mean "It’s not a priority." Recognizing this distinction empowers individuals to take control of their time.

Following this, she offers two strategies for setting priorities. First, she suggests looking back at your year and identifying what made both your professional and personal life remarkable. Second, she encourages listeners to imagine the end of the next year and determine what made it extraordinary.

Then, to put priorities into action, Laura advises breaking them down into manageable steps and scheduling them into your week. She recommends creating a three-category priority list: career, relationships, and self.

After planning, she stresses the importance of making the most of small moments. Rather than mindlessly scrolling through phones or watching TV during idle times, individuals should use these moments for activities that bring them joy and fulfillment.

Lastly, Laura reiterates that by focusing on what truly matters, people can build fulfilling lives within the time they have. Prioritization and planning play pivotal roles in achieving this balance.

Indeed, we are overly fixated on "time" and "efficiency." However, what struck me about the speaker's perspective is that she never said, " schedule every hour full of work." She said, " you have time for the things you prioritize." The insight I gained is to get the best of anything you are doing with your time.

If you're working, work effectively; if you're resting, let your mind completely relax; if you're spending time with your family and beloved ones, either eating, playing, having fun with them, make every minute counts by caring, loving them. And even if you are on YouTube, you watch these videos on purpose, either you have fun or you are here to gain knowledge.

During junior high, I used to rush myself on the bike to school and I love cycling. But I wanted to get there as fast as possible so that I'd have more time to study.

However, every time I rushed, I'd be stopped at the red lights, and slower cyclists would catch up with me, leaving me frustrated with the time I wasted waiting at the lights. All I ended up with was more sweat, frustration, and muscle pain.

So, I decided to change that. Later, every morning, I cycled to school at a leisurely pace, enjoying nature: the rain, the sunshine, the wind, the smells of life, everything, listening to the city or the birds. I even had time to stop if I see a cat and try to give it some snacks. I arrived at school feeling relaxed and ready for the day.

So, I couldn't agree more with Laura's point, which is, make a priority list will make your life better. Especially in the categories of relationships and self. Take time to just be present in the moment and life.