**How I finally Beat My Feeling of Thinking I Have All The Time in The World**

Do you find it hard to make good use of every single hour of your day? Do you try your best but fail? Do you promise yourself every now and then, that tomorrow’s performance will be better, but somehow, you still keep failing?

I had this problem all through my adult life, but I have finally managed to beat the problem.

Want to know how I did it?

I stopped seeing time as a single continuous period, and I started seeing it as a series of discrete periods. I now see time as a series of many 24 hours, rather than seeing it as the “x” amount of years I have to live.

How this affects my daily work is that:

At 12:00am, I plan out the rest of the day. If by 11:59pm, I am not done with the tasks I planned for the day, I do not keep working till 1:00am (or whatever overtime), to finish them up, rather I take it that that day is already gone. I then start planning the new day (again at 12:00am), then I will fix a time in the new day, to finish the remainder of that task I should have completed the previous day.

By approaching time this way, my (time) losses became more glaring to my subconscious. Consequently, I typically had bigger willpower to make the right choices on subsequent days.