MINUTES INSTEAD OF HOURS

While working on a project or an assignment, we mostly tend to calculate how many hours available to complete our task(s). Let’s say there is a short presentation that our protagonist “Jack” needs to complete. He calculates that he has 1 hour to complete and starts working on in. At the end of this period, the presentation is completed and Jack has an elegant presentation on his computer.

Is it possible to complete what it took Jack 1 hour to complete in a shorter period of time? Why not? Let’s look at this issue from by focusing on how we define our “allotted” time for the task. Instead of the concept of “hour”, adopting a “minute” defined time period can be helpful. The difference lies in the fact that it is possible to hold on to time more efficiently and make the most of it with minutes. If we say 1 hour and begin our task within this time concept, it is more likely to lose the sense of time and waste away some minutes by losing our focus. However, when the allotted period is taken as 60 minutes and count the remaining time as minutes; then we can become more aware of our time and try to spend it as efficiently as possible.