

Wheedle Out Common Time-Wasters!



Common Time Wasters are the things that eat into our days and leave us feeling flat, empty, drained and unfulfilled. They keep us staying still or moving backwards.

Over the last few months, we've seen a noticeable shift in our priorities and yoga has secured itself much higher up on our list of things we must make time for than ever before. "Fantastic news!" we rejoice. Excuses are becoming a thing of the past and we're edging closer to the dedicated yogi status we're so yearning for. It hasn't been an easy transition. We'd be lying to say that we just stepped on the mat one day and never looked back. We've had days where we've been so excited to go to class, breathe deep, open up and reach high. And we've had others where we'd much rather just curl up in a ball on the sofa and tuck into the Cadbury's.

What we seemed to struggle with the most was justifying the hours we were suddenly spending on ourselves. We went round in circles for weeks. On the one hand, we felt tied to our responsibilities at home and we felt too guilty doing yoga.

"Am I being self-centred to spend a long day at work and then speed off to yoga in the evening?"... "Am I a bad mother, partner and friend if I'm across town, phone switched off, repeating self-affirmations and looking within?... I don't think I'll go to class next week!"

But, thankfully, we were pulled in the other direction. We now realise that it's OK, in fact, a good thing to spend some time on ourselves and that yoga is a perfectly acceptable use of time.

Not everyone has welcomed our new hobby with open arms. A few friends have called us "no fun" or said that we're acting out of character. In their eyes, yoga has come between us and them. It has driven us from their side, off the sofa, the phone, out of the coffee shop, the movies, and the freezer aisle.

"You're acting very strangely, far too positive and always going on about the joys of yoga, healthy eating, the spiritual path and oh no, you just mentioned the deeper meaning of life."

The reality is they miss us. Before now, we would have tried to spend any spare moment with them (and like we really have any of these). But with yoga now a big part of us, we have other priorities to juggle with.

Mostly, though, our loved ones have been really supportive, by reassuring us and pointing out the positive impact that yoga has had on us.

"You seem much calmer, more confident and you're starting to glow!" These kinds of comments spur us on, confirming that we're choosing well.

So, we're feeling happy for making time for yoga. But, we still feel rather overwhelmed with our daily schedules. And if it's not yoga that's going to budge, then what is it?

Now it's time to get down to the nitty-gritty and wheedle out the Common Time Wasters.

Common Time Wasters are the things that eat into our days and leave us feeling flat, empty, drained and unfulfilled. They keep us staying still or moving backwards. And if left unseen to, they will continue to bridge the gap between us and the life we're really after.

If we're going to get on top of things, then we need to shuffle back a step and have a good look at our daily routines, habits, conversations and behaviour.

Are we forever making flyaway comments about people at work, that girl at the party, our friend's partner or even our friends? Perhaps we're holding onto a toxic friendship? The kinds we come away from feeling a dip in our mood or energy level? Do we tend to procrastinate, spending far too long on the net, when we could be gaining valuable shut-eye to ensure a productive following morning? Or maybe we're someone who picks up the phone on autopilot and launches into a lengthy conversation about how terrible our day has been or whose getting up our nose?

Can you relate to any of these? What are your personal Common Time Wasters?

Let's set an intention today to start maximising our time. The life of our dreams is within reach. And it's down to us to reach out and grab it with both hands.



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