How to Free Up More Time for Yourself and the People and Things You Love

"Don't be fooled by the calendar. There are only as many days in the year as you make use of. One man gets only a week's value out of a year while another man gets a full year's value out of a week."
Charles Richards

One thing many of us want is simply to free up time from a busy schedule so that we can do more of what we really want to do.

Here are two simple tips that have enabled me to find more time for myself to do so.

I hope you will find these tips helpful too to get more time out in the beautiful winter snow, with your hobbies and with the people you love.

Find out where your time is really going.

This is like when you are trying to lose fat. It's very easy to fool yourself and think you are doing "pretty good" when you in actually are not doing really that good. Thinking that you are doing "pretty good" won't get you the results you want though. Actually doing what is needed gives you the results you want.

An easy way to stop fooling yourself in both cases is to use a log. If you are trying to lose fat, use Fitday.com to keep and eye on how much you are really eating.

If you want to find out where your time in a normal day or week is going create a simple time log in a Word-document or something similar and simply type down notes about everything you are doing.

You may find that you spend more time than you think on Facebook, Reddit or in your inbox.

Realize that you don't have to do everything you do.

And that the sky might not fall if you do/don't do something. One thing that's stopping people from improving themselves or just finding time for themselves is all the things they "have" to do. You don't really have to do anything.

Try to look at it as you choosing what to do instead.

Of course, if you choose to do or not to do something there will be consequences. Sometimes big, sometimes small. Sometimes bad, sometimes good. Sometimes one thing disguised as the opposite.

But the point is to take control of your life and feel like you choose. Instead of having your world choosing and controlling your life. This makes it easier to find out what isn't really that important and eliminate or reduce to free up time for more interesting things.

So make a list of the tasks you think you have to do or things you just do in a week out of habit. Go through the list while asking yourself:

Is doing this absolutely essential or can I eliminate it with little or no consequences? Or can I minimize the number of times I do this task in a day or a week? Questioning my automatic habits and what I sometimes think I need to do has helped me to free up quite a bit of time - by eliminating and by minimizing - for more meaningful and exciting things.