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On our planet and in our lives there are a variety of resources. Certainly, one thing that comes most to mind when the word resource is: Money, minerals, food, water, and so on. I think that time is also a resource.

And most importantly, time cannot be purchased, it can't hold, pause. It can only lose, only spend. For any money you cannot buy time. In any moment when we don't think about time or think it inevitably expires. Our life with every second becomes shorter. And I believe that this time should be used to maximum advantage. Otherwise, the meaning to live your life doing nothing, like you are a vegetable from the garden? It doesn't make sense.

Very often we get so distracted. The time we can spend working on skills, we spend on something useless. On social networks, games, and more. Many will say, "I'm so relax!". No, you do not rest. You're just wasting your time. I'm absolutely not opposed to occasionally relax with a game, check email, upload a new photo. It is justified if it is done one to two times a week, literally fifteen or twenty minutes, provided that the rest of the time you're working. Yes, it is difficult for many, but the only way to come to success. In addition, when used, understand that absolutely nothing complicated about it.

In this regard, it is very important the time to plan. There is even such a thing do not call it science, but in a sense you can say so, called "time manangement", or the art of planning time.

As for me, I have my diary where every day before bedtime or in the morning, I write down goals for today, at the time, performing them in time. Also, there are goals for the month, half a year. And to achieve the same goal, I have to run a lot smaller. Of course, there are periods of time in which I rest, they also reserved the place.

I believe that this method is extremely effective, and recommend it to all, it will make you much more productive.