

## Waste

“Waste not, want not,” is the old quotation often repeated.

This year people are not wasting money on things they don't need. Due to the stock market and unemployment, people are no longer spending money recklessly. Unnecessary items, and items of pure excess, are not being purchased. People are being far more thoughtful about where they spend their money.

Value is a personal decision. However, it is good that people are now more aware of what they are spending their money on. Buying something not needed is wasteful and that money can be better used, if not just to help another person in need.

Waste also applies to time and talent.

We all have the same 24 hours in a day. Some people use it most effectively and others don't. If you get up without a plan as to what you will accomplish for the day, you will end up accomplishing little. If you have a plan, a goal, or an objective for the day, you will be far more likely accomplish it and feel good.

There are many 5 minute spots that you can use to do something. While waiting, read or make notes about a project. Think about an issue you have and the possible solutions. Call a friend for a quick hello while waiting. The call need not be a long one, and the person receiving the call will be thrilled.

Stephen Covey has a great analogy of a big jar representing time: rocks the big things we have to do and sand the small things we have to do. Well, if you put the sand in first, there will not be enough room for the big rocks. But, if you put the rocks in first, meaning doing the big important things first, and then the sand, you will find it all fits. Plus, you will feel great having the big things done.

Why waste your talent? If you are good at something, then share it with the world. Use your talents to help yourself and others. To do nothing is to

waste our talent. If we waste it, we just might lose it. It is not for us to value what we do. It is for us to do it and others to value it.

Think not of waste but about using time effectively for your personal growth and to fulfill your purpose in life. Don't rush; but focus on what you can and should be doing. You'll be amazed at what you will accomplish.