

# Health and Well-being

## Learning

# Time Management

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There is no such thing as time management—the correct word, in fact, is priority management. Instead of trying to manage time, if it is very clear to you what your priorities are and how significant a particular aspect of life is to you, then time will arrange itself.

People are always confused about which task is more important than the other, because they are not doing what they really want to do. They are just doing whatever will find social approval; they are not doing what is needed. If you look at what is the most significant thing that needs to happen in your life and to life around you, then there is no confusion about what should be done.

There is no need to unnecessarily complicate every simple aspect of life. Time is managed by the planet. 24 hours, 365 days—everything is kept up by the planet; we do not have to decide when the sun rises or goes down, it is all taken care of for us. It is fortunate that we do not have to manage that. We just have to get up, go through the day, and sleep. There are external situations, but the pressures are internal. Some external situations you can handle and some you cannot; that is the reality of life.

So, when we need to manage time, we are talking about allocation of time for different activities that we need to do. How long to sleep, how long to work, how much time to spend with family, and other such factors. There is no particular way to do it. Each individual has different priorities. If your priorities are 100% clear to you, time will arrange itself around them. There is no need to particularly manage time as such. 🌀

Sadhguru is a yogi, mystic and visionary, and a prominent spiritual leader. An author, poet, and internationally renowned speaker, Sadhguru has addressed prominent institutions such as the Massachusetts Institute of Technology (MIT), London Business School and IMD Lausanne, and various global forums such as the Australian Leadership Retreat, Tallberg Forum, Indian Economic Summit, and the World Economic Forum in Davos, speaking on issues as diverse as human rights, business values, and social, environmental and existential issues. To know more, log on to [isha.sadhguru.org](http://isha.sadhguru.org)

