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Thursday, November 5, 2015

Hello reader, I am Back! Here is my newsletter. I will be issued every 2 weeks. Enjoy!



How much time do we waste in traffic? How much time do we waste waiting in line at the bank, at Starbucks, at any government office or for the next plane? How can we maximize the utilization of that wasted time?

We often complain about technology and about how much it is destroying our human inter-personal relationships. And yes, we should, from time to time, turn it all off and focus on the people we are with. I am not disputing that. What I would like to discuss here though is: how to use this great new technology to our benefit. How can we use it to reduce all that wasted time?

A few weeks ago, I had a frustrating travelling day. Everything got delayed. I could have been really ticked off about it, but how would that help? I always travel with my laptop, my iPad and my iPhone. Sometimes, I feel brain dead and I just want to watch a great movie and let time pass. Even if that helps my frame of mind, it stills feels a bit like wasted time, especially if it's a movie I have seen many, many times. But on that day, I started reading a book, for my work, and 10 hrs later, I had finished it. I felt great. I felt like I had accomplished something and my day was not wasted.

We don't need a block of 10 hours to accomplish things. Sometimes, just waiting 30 minutes in line can be time used for something we want to accomplish. For example, I love learning new languages. Right now, I am working on my Spanish and I was told about this great App; Duolingo. It helps me with quick exercises that I can do in minutes. I also download Spanish songs where I try to hear all the words.

First, you have to identify your goal. What is it you are trying to accomplish?

Example of goals:

- Getting back in to shape: Use that time to update your fitness Apps or research for more efficient ways to achieve your goal.

Great Apps:Fitbit, UP from Jawbone, myfitnesspal, Weight Watchers

- Learn a new language: if you are driving, use that time to listen to your lessons. If you are on public transportation or while waiting in line somewhere, use your Apps for extra exercises or read in that language. You can also listen to some music while reading the lyrics.

Great tools:Duolingo (Spanish), Babbel, Rosetta Stone.

- Career goal. There are some great Apps to help you manage your goals and tasks. Because I am a big fan of all FranklinCovey products, I would suggest the following Apps: 7 habits, 5 choices, Tasks. You can also use that time to

read and study.

So, we really have no more excuses. The technology is there to help us. So turn off the TV, put away the Tetris, the Solitaire card games and the Mahjong (I love all 3!) and optimizing that wasted time.

Good Luck

Have a great beginning of November!

Sophie



Web Site: www.helpertoday.com

Book: in [Paperback](#) or [Kindle](#)

"When we can no longer change a situation, we are challenged to change ourselves".

VIKTOR FRANKL