



7 Ways to Better Invest Your Time in the New Year

No matter how you measure time, we all get the same amount each day. The difference is how you choose to invest your time. Please note I didn't say "spend". It's a sad waste to "spend" time on fleeting things when you can "invest" for a return.

7 good ways to invest your time in 2020:

1. **Meditate daily.** Clear your head, rise above the noise, and get a higher perspective.
2. **Exercise daily.** Move your body, elevate your heart rate, and BREATHE.
3. **Be aware of what you think - and question it.** Remember all your actions are driven. How you feel and all your feelings are caused by your thoughts.
4. **Talk to yourself more than you listen to yourself.** Tell yourself IN ADVANCE what are the most useful thoughts to think. And then say those things to yourself instead of listening to the "automatic negative" self-talk most of us engage in most of the time.
5. **Ask better questions.** Before you ask a question like, "Why can't I stop over-drinking?" STOP. Do you really want to hear your brain's automatic response to that question? ("Because you're an addict and you have no discipline!") Ask a question which invokes a higher answer: "How will this time be different so that I never over drink again?"
6. **Do less.** Put fewer appointments on your calendar and go deeper with each person. Take on fewer projects and invest the time to do a better job on each one.
7. **Be more.** Be more of who you were created to be. Step up to your best level of honor, integrity, strength, courage, and excellence.

Those are 7 worthy investments of your time as we start a new decade.

QUESTION:

So now, here's a question for you: What are YOU starting or stopping in 2020? Post it in our free online community- jump into my private Facebook Group. Just search Facebook for "The Ray Edwards Copywriting Community". You can also click the link in the show notes for today's episode at rayedwards.com/424.