



Managing Time Better Cultivates Positive Change

In a world that seems to move faster each day, finding the best use of time can be a challenge. **February is National Time Management Month** which invites us to pause, reflect, and take intentional steps to have a more balanced and fulfilling ministry and personal life. By incorporating key principles of effective time management into our daily routines, we can optimize productivity by essentially creating space for the things that truly matter. Let this month and "time" be a catalyst for positive change as we master the art of navigating time with purpose. This month offers an opportunity for self-reflection and growth. [According to Livhealth.org](#) key principles for effective time management are to:

- Prioritize with a purpose
- Set SMART goals
- Create a realistic schedule
- Eliminate time-wasters
- Embrace technology and resources wisely

Managing our time better allows us to handle the most important tasks first which can begin to reduce feelings of stress, anxiety, and frustration. To learn more about balancing priorities and time management inspired by purpose, [click here.](#)