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Question 1

The statement ‘Time management is crucial for success and realization of goals'.

First of all time management is the process of planning and exercising conscious control of time spent on specific activities,especially to increase effectiveness,efficiency and productivity. So without time management things wouldn’t be done properly and activities will be disorganized.

Also time is limited so you have to use it wisely if you want to be successful and also when you carry out time management there is less stress because you have already done all your activities at the appropriate time and period so that means you are successful.

Also time management helps to be self discipline because when you carry out good time management,there is no room for procrastination so that means time management is actually crucial for success.