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**Below I will be explaining why time management is important in the realization of goals**

**Time is limited.**No matter how you slice it, there are only 24 hours in a day. That applies to you, and to your co-worker who only seems able to do half the amount of work you do. But it also applies to the former co-worker who consistently accomplishes more than you, and was promoted as a result. If you want to rise through the ranks, you have to acknowledge the importance of finding a way to manage this limited resource.  **In this sense you can accomplish more with less effort.**When you learn to take control of your time, you improve your ability to focus. And with increased focus comes enhanced efficiency, because you don’t lose momentum. You’ll start to breeze through tasks more quickly (the workday will also seem to fly by).