NDIBE ARIZE

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Mechanical Engineering

1. Good time management allows you to do more job or work in a shorter period of time, which leads to more free time, which lets you take advantage of learning opportunities, lowers your stress, and helps you focus, which leads to more success in ones career. Each benefit of time management improves another aspect of your life.

One of the most effective skills you can have in life is powerful and effective time management. If you're not managing your time well, there's no way you're going to reach your goals at work and the life outside of it. Sure, you might make some progress. But your time management will be an uphill battle if you don't take your time seriously. For people who squander and waste the precious little time they do have, they know all too well how difficult achieving even mildly difficult goals can be.

The truth is that time is the greatest equalizer in life. No matter who you are, your age, income, gender, race or religion, you have the same amount of time as the next person. Whether you're filthy rich or dirt poor, your time is the same. It's not about how much time you have. It's about how effectively you manage your time.

So if you're serious about achieving your goals, not only do you need to set those goals the right way, but you also have to get serious about avoiding distractions and becoming too immersed in the bad habits that you know you need to quit. Time-wasters need to fall by the wayside, and serious grit-and-bear-it hard work needs to take its place.

The clear difference between a successful person and an unsuccessful person is effective use of time.