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Time management is crucial for success and realization of goals

**What is time management?**

Time management is the process of organizing and planning how to effectively divide your time between specific activities

**Why is it important for success and realization?**

Good time management allows you to accomplish more in a shorter time frame meaning that your efficiency is maximized by almost 50% if not by more, this then leads to having more free time to get more work done thus you can better take advantage of this time to lower stress levels or to take due advantage of learning opportunities which helps lead you on a path to success and realization of dreams