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WHY TIME MANAGEMENT IS IMPORTANT

 It is importamt that in whatever you want to find success in there must be TIME MANAGEMENT.Poor time management skills can cause a lack of sleep, unhappiness, and even health complications such as stress. Just the thought of having too little time to complete work is enough to make most people feel stressed.

Reason 1: **It improves your self-discipline**

 If one has good time management skills, the chances are that you’re highly self-disciplined. This self-discipline improves other areas of your life too, from your career to your relationships. In other words, the better you get at time management, the better your self-discipline will be. This will make you more successful at meeting goals in all areas of your life.

**Reason 2: It opens up new possibilities.**

If you go through life rushing from one task to the next, you never have the chance to explore different opportunities

Reason 3: **It improves your career.**

Rather than going with the flow, having good time management skills lets you control your life and take the lead at work. By getting enough quality rest and sleep, you’ll be better placed to make sound decisions at work. Others will notice and this will help increase your opportunities for promotion and you move closer to realizing your goals.

Reason 4: **It stops you from missing opportunities**

**If you manage your time very very effectively, many opportunities will not pass you by. Infact, people would bring ideas for you to contribute so you can all share the benefits.**