

Will It Be “Quality” Time or “Quantity” Time?

By Fred Gardner

We have so frequently heard that we should spend Quality Time with our families and friends. How often have we been so busy and committed to the demands of our job that we have missed opportunities to attend to the demands of our personal lives? We frequently allow ourselves to be driven by the Quantity Time that our jobs demand of us. Then we allow our personal time to be defined as Quality Time.

I submit that many of us actually have our definitions and priorities reversed. Quality Time is what we should rightfully dedicate to what we do for a living. We should work smarter, not harder or longer. We should carefully schedule our workdays whenever possible. This is not necessarily because our work demands that we *accomplish more*, but rather that we *accomplish more in less time*.

Why? Our families and others whom we love and who love us deserve our Quantity Time. As adults, “recharging our batteries”, “giving back”, or “being there for them” is important. This is also true when you spend time alone. Whether you are reading, exercising, in prayer or meditation, Quantity Time adds quality to your life.

Surely as you were growing up, you didn’t necessarily notice on a minute-by-minute basis specifically what you were doing with your parents, relatives or friends. Even now, what you are doing is not the most important thing. You like doing the things you love whenever possible, nourishing others and yourself by spending Quantity Time.

You could make yourself a promise to reorder your time priorities. Envision the possibility of spending Quantity Time away from work. The next time you want to “leave early” or need to “work late”, make it a quality decision in favor of a quantity result.

Commit to spending Quality Time earning a living using your intellectual capital to raise financial capital. Then you will be able to spend every other possible moment in Quantity Time doing the other things that you love to do, spending, investing and also reinvigorating your emotional and physical capital. I think that you will like your return on investment!

Sources for Time Management:

- ‘Time Management from the Inside Out: The Foolproof System for Taking Control of Your Schedule and Your Life’ by Julie Morgenstern
- ‘Time Management for Unmanageable People : The Guilt-Free Way to Organize, Energize, and Maximize Your Life’ by Anne McGee-Cooper
- ‘The Personal Efficiency Program’ by Kerry Gleeson

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