



Time Is the One Thing That Is Ours

21 August 2026 | Time | 4 minutes

THOUGHT FOR THE DAY

Our time is the one thing that truly belongs to us.

Seneca

What does it mean?

Seneca wrote to his friend Lucilius that lost time never returns. Money and possessions can be replaced. Nobody can recover an hour that has passed. We should therefore use each day with care.

The idea is just as useful today. Appointments, messages, and other people's expectations can fill an entire day. Protecting our time creates room for health, family, learning, and rest. Money is especially valuable when it gives us more free time.

Put it into practice

- 01 Write down one task that takes time every week but gives little value.
- 02 Decide whether you can shorten, delegate, or remove this task.
- 03 Reserve the free time for a person or activity that matters to you.

YOUR TASK FOR TODAY

Remove one unimportant task from today's list and replace it with something that matters.

YOUR QUESTION

What would you like to make time for today?