



December 7, 2021

### 2022 is right in the corner!

How often have you used the excuse: "I just don't have time to..."

But really, we each have 24 hours in a day. We make time for what matters to us. If you think you "don't have time," check your screen time usage on your smart phone. I bet there's some time to be found and reallocated. :)

The truth is that we are distracted, and it's never been easier to get distracted than it is today. A few quick tips to reduce distractions and free up more time:

- Turn off your social media alert notifications
- Put your phone out of reach during focus time
- Check emails only at designated times
- Discuss with your family the best uses of your time
- Don't start your day until without planning it first

The end of the year is a great time to reassess your priorities and set new goals. Control your attention, control your life!

This is advice that I am personally taking too. I deleted my Twitter account last year and just deleted my Facebook account (that had 27k followers) last week. Join me on a quest to use your time and money more intentionally as we head into the new year!



P.S. I hope you had a great Thanksgiving holiday weekend. We took our kids to NYC for their first time and got to see the Macy's Day parade.

As always, if you'd like to schedule a time to talk about your own goals and see how we can help you make them a reality, please [click here](#).

Have a great week!

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Sincerely,



*Chad W. Williamson*  
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