

TIME ELEMENT

by:

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How do we use time wisely? As a teacher, most of the days we have are scheduled, and most of the things we have are laid before our knowledge. As we go on with our current work, various meetings are set by the supervisors, and many scheduled times are set by the principal and master teachers. We all know that our time when we work is like the schedules laid upon our tables, and with this comes our daily routine.

Nevertheless, being grateful each day for the tasks we accomplish is one of the best things we can do. Managing our scheduled time consistently helps us grow – not only as professionals but also as individuals. In our current educational setup, time has become one of the most valuable elements we possess.

Beyond our work, we also face household responsibilities and family duties – whether we are parents, siblings, or caretakers. Each morning presents its own challenges. Some days, we feel inspired and energized; other days, we feel tired and demotivated. At the start of the week, we may still be full of energy, but as Wednesday or Thursday comes, our energy may begin to decline. By Friday, we feel relieved that the week is ending – but what if we also work on Saturdays or Sundays? When do we truly rest? These questions remind us of the importance of balancing our time element.

Here are some of the few suggestions among many others which you might seem essential and beneficial.

1. Try to have jobs which may not be overlapping or might consider getting the same line of interest or same line of job so that there might be a conservation of your energy since the work requires only one preparation or one mastery.

2. Treating yourself for a job well done actually could be a very good start to motivate yourself and increase your enthusiasm.

3. Be aware of the time you might lose in other things which may not give you satisfaction, monetary compensation or which might not let you grow in the different aspect of life.

As teachers who juggle many responsibilities both inside and outside the school, we must strive to manage our schedules with purpose and mindfulness. By choosing our commitments carefully, valuing our efforts, and eliminating unnecessary distractions, we can achieve a harmonious flow in our daily lives. In doing so, we not only become more effective educators but also more fulfilled individuals, capable of giving our best to ourselves, our families, and our learners.

References:

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