

108 / Three sides of LIFE Triangle

In Young age, you have time and energy but **no money to enjoy!!!**

In Middle age, you have energy and money but **no time to enjoy!!!**

In old age, you have time and money but **no energy to enjoy!!!!**

Friends, you will not only agree with the above dilemma but might have experienced a bit of it at times. I am making an **honest attempt to address this burning issue.**

I personally feel that **we are only responsible for such superficial dilemma.** We give excessive importance to money and always feel that unless you have money you can't enjoy. No doubt that you need money if you have to enjoy good food or watch a movie in the mall. But does it mean that costly food is always tasty? Or you get enjoyment by watching a movie? If movie is not good (I mean the theme, message etc. and not the acting, locations, costumes etc.) your time and money gets wasted.

We must educate the kids that **every enjoyment does not need money.** Have you any time planted the seeds in your childhood? Have you cherished the enjoyment in looking at its development day by day? It is case of **enjoyment of creation.** Have you enjoyed solving puzzles, telling stories to friends, doing dramas, attempting to write small stories, travel experiences etc? Reading comic books, playing with tool box and doing some articles as per drawing also gives good enjoyment. Playing mouth organ can relax you. Watching kid's good programme, playing card game can also be a good enjoyment/entertainment.

We as parents should give this insight to the young generation that **you may need money to enjoy but enjoyment does not solely depend on money.** However it all depends as to how a parent has spent his childhood. Friends, give a thought to this. Once again you can also enjoy your childhood with your kids. We should **maintain our 'child instinct' even with an advancing age.**

Having addressed the issue of no money to enjoy, let us face the next problem of no time to enjoy.

Time is Money. Save both for achieving success in life. Time can't be stored. Time used judiciously can help you to meet goals set in life. Time should be spent proportionately on various activities. It is unfortunate that younger generation is not very serious about Time Management.

At every stage one must realize **what is the call of the day?** What are his **priorities** in life? What are his duties and responsibilities? What are his social obligations? How he is spending TIME at present?

It is necessary that one must set his destination / goals in life based on his capabilities, family background, and mental frame. It is necessary to undergo self analysis of how time is spent. Prepare Time Table after allotting Time for every activity in the light of goal setting done earlier. **Develop Time consciousness.**

Based on current time utilization and goal to be achieved, decide on non-essential activities.

One must acquire the knowledge of 'What not to do.'

One must know: What to delegate? & Whom to delegate?

Postpone / defer the activities which can wait. Differentiate between important and urgent activities. Try to spend TIME according to Priorities set.

Planning should be done on daily basis. Divide your Day with deadlines.

Now is the Time for action. Decide and do it.

Set your own Speed Limit. Try to do everything rapidly. Understand 'Peter's principle.'

Develop personal and Managerial skills.

Get well organized. Discipline yourself. Efforts should be persistent, disciplined and organized.

You will appreciate that GOD has given 24 hours to everyone. **It is the Time Management that decides as to who will succeed in life. Time management is an ART which can be mastered by anyone based on his inclination.**

Please remember that you have one thing in common with all Successful People.... "1440 minutes a Day."

Now let us address the issue of no energy to enjoy in old age.

Man's prime duty is to maintain his health, which is his true asset. It is always better to

prevent the onset of a disease than trying to eradicate it after it has occurred. Every person – rich or poor makes financial planning for his old age /retired life. It is seen that such planning done during young age disregard to health yields no pleasant results as the person catches the diseases of a rat race by 45/50 years and finds it difficult to gain control over such diseases such as Diabetes, BP Heart problem etc. because he has never followed rules of health discipline in his young age and also not gained control over his mind. But one thing is logical that when a person tries to take prudent financial decision by applying his knowledge and experience, **it is also necessary that investment in own health should also be done to enjoy the retired life.**

Even if you have not invested in your health till the age of say 50 years, still I would say that you can start investing in your health from today it self.

Moderate exercises, Diet control, meditation, control over worries etc. can bring about good health. Hurry, worry and curry should be kept under control. Do not ignore your body signals, visit the doctor, take medicines on time, do dieting, spend time for meditation etc. Consider your balance life as bonus.

It is unfortunate that a person ignores his health in young age to earn money for his retired life and finally spends money to regain his health.

The root cause of these three dilemmas lies in our educational structure. We teach at micro level, more on academic front rather than overall development of the kid. **Excessive importance is given to money. Money is a means to an end and not an end in itself.** Your attention is also invited to Spandane article on Money, Possessions & Happiness.

Your Life should be like square meal. Your destination of ‘Happiness’ in life will be your mind it self if you can manage to keep balance between your educational/occupational career, family, health and friendship.

Do share your observations on the subject with me on spandane2008@gmail.com.

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