



"I Don't Have Time for That"

How often do we hear — or even catch ourselves saying — “I don’t have time for this”? It’s become the go-to excuse for dodging tasks, challenges, or opportunities that feel inconvenient or overwhelming. But is it really about not having enough time, or is there something deeper going on?

In many cases, it’s not a lack of time but how we’re choosing to use it. People often let small distractions or inefficient habits nibble away at their productivity. Sometimes, claiming to be “too busy” is just a clever disguise for avoiding something new and scary. And let’s not forget the art of delegation. Tasks pile up because people hesitate to share the load, either due to a lack of trust, poor communication, or the belief that it’s faster to “just do it myself.”

When someone says they don’t have time, it’s worth pausing to ask why. Are they truly overloaded, or are there underlying issues contributing to their stress? Maybe priorities aren’t clear, or tasks haven’t been thoughtfully planned. Sometimes, it’s a mix of personal habits and team inefficiencies. Blaming time only delays the inevitable.

The truth is, we all have to make time for what matters, because avoiding it will only make things worse. Ignoring a problem or rushing through a task often leads to bigger challenges later — like redoing work, repairing relationships, or fixing mistakes that could have been avoided. The effort we put in upfront saves time and reduces stress in the long run.

When we approach things the right way, it has a ripple effect. It prevents repeated problems, builds trust, and sets an example for others. Finding time doesn’t mean adding hours to the day; it means choosing to prioritize, focus, and work smarter.

So, the next time you think, “I don’t have time for this,” take a moment to reflect. Is it truly a matter of time, or could it be something else? Is there an opportunity to plan better, delegate more effectively, or simply slow down and do the task right? We can’t afford not to make time for the things that matter most, because when we don’t, they eventually catch up with us.

Let’s commit to making the time now — for ourselves, our teams, and the success we all strive for.

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