



Seeing Daylight

Daylight Saving Time begins Sunday. And like it or loath it, you'll be living with it. There are ways to make the most of it.

During Daylight Saving Time, clocks are turned forward one hour (remember: "spring forward, fall back"). So for all practical purposes, it moves one hour of daylight from the morning to the evening. And extending these practical purposes, this gives you more time in the evenings after work to spend balancing your life.

The idea here is to "see the light" and make the most of it.

A few weeks ago, we talked about the value of having margin in your life. **This is extra time or leeway or white space on your daily calendar.** Having it makes life less hectic. That's because we all try to fit too much into a typical day. Stress and exhaustion aren't the only repercussions of a margin-less life. It also leaves you vulnerable. When the unexpected occurs (and sooner or later it will) you'll have no margin for error. You'll find yourself in a jam with very few options. **Daylight Saving Time can give you automatic margin—especially for life-balancing, after-work activities.**

You've been meaning to exercise but time is tight? **Beginning Sunday, you'll have an extra hour of daylight for a brisk, heart-healthy walk or a tennis game with a friend or a bike ride with your kids.** Here's your time for fitness. Just do it.

Maybe family time is what's missing in your usual day-to-day. Spend this extra hour with yours doing something you all can enjoy. Maybe it's an after-dinner stroll or ice cream dessert on the deck or porch. Keep to your usual evening schedule, and suddenly you'll have your "family

QUOTE OF THE WEEK

"The only thing a golfer needs is more daylight."

— Ben Hogan
(1912—1997)

VIEW POINT WITH AUDIO

DOWNLOAD THIS POINT

ARCHIVES OF POINTS

SUBSCRIBE

UNSUBSCRIBE



Corsini Consulting Group, LLC

6 Office Park Circle,
Suite 309
Birmingham, AL
35223-2542
(205) 879-0432
coach@corsini.com
www.corsini.com

Copyright 2008
by Marc A. Corsini

Material may be reproduced
with credit to Marc A. Corsini

time.”

Creating margin in our lives is hard to do, there's no doubt about it. Make the time change work for you. **Think of it as a bright opportunity to make your life easier and more enjoyable.**

CORSINI'S POINT

Daylight Saving Time is Sunday, so remember to “spring forward” before you go to bed this upcoming Saturday. Then, wake up and use this extra hour of daylight to create margin in your day. This will make your life easier, less stressful and more fun. Make a (time) change for the better. And you'll find that—at the end of the day—it will help you do what you do better.

Do What You Do Better™ *with Executive Coaching*

CCG coaches help business owners, executives and managers hone their organization skills, expand their goals and learn to lead better.

This one-on-one, monthly program also offers a confidential forum for participants to discuss issues and explore creative solutions.

Executive Coaching helps you do what you do better.

Contact Marc Corsini at marc@corsini.com or (205) 879-0432 to sign up.

If you have received this email in error or if you no longer wish to receive it, please email admin@corsini.com to be removed from our mailing list. We apologize for any inconvenience.