

# DO IT FOR A DAY

## DAY 25 – DO THE MATH

*Teach us to count our days well.*

*Psalm 90:12*

There never was—and never will be—anyone like you. This is not a testimonial from you. It is a testimony of the God who created you. This is the meaning of it: no one can lead like you or through you. No one can love like you or for you. No one can worship like you or for you. Plain and simple, no one can take your place. That makes you invaluable and irreplaceable.

You have to define success, as we talked about on the 8th. You must define your purpose and your priorities. You have to define the values and virtues for which you want to be known.

**If you want to create habits for selfish reasons, you are fooling yourself, and the habit will not last long.** You have to imagine the reward pointing to the outcome. You must know who you are and why you are. **You have to live for something more** bigger, better, more durable and **stronger than personal interest.**

Do you remember the two watches we used? **The chronos and the kairos.** We can do great things and waste our lives. If we succeed at the wrong thing, we have failed. We have to make sure that we are doing the right thing and at the right time.

On average people spend 145 minutes on social media per day. Are you above or below that level? That adds up to 15% of our waking hours. Is this how you want to spend 15% of your life? Stop living indirectly and start living for real. Make decisions in advance that help you better manage the minutes and moments.

I have a life motto: **“Do not accumulate possessions; accumulate experiences.** I haven't met many demon-possessed people, but I have met people who are possessed by their possessions. Stop accumulating possessions and start accumulating experiences.

**There are two kinds of people in the world:** those who let things happen and those who make things happen. There are those who find the time and those who make the time. There are those who waste time and those who adjust the clock.

There is an old saying that goes: **"The time is gold". Which of the two do you spend more carefully: time or money?** The truth? Many of us waste a lot of time, so let's do a little monitoring. The average lifespan is seventy-nine years, which is equivalent to 28,835 days. Most people spend an average of twenty-six years in bed and an additional seven years trying to sleep. What is my advice? Buy yourself a good

mattress! We spend 4,821 days of our life working; 4,127 looking at the screens; 1,583 days eating and 368 days socializing. A curious data? We spent 115 days laughing!”

According to researchers at the University of California, the average worker is interrupted every eleven minutes. Those same employees regained their concentration after twenty-five minutes. Take accounts and that adds up to a concentration problem. Of course some of those interruptions were self-inflicted. I repeat, we check our phone ninety-six times a day! Did you know that your cell phone has a “do not disturb” function? Take it or leave.

**Part of time management is identifying where we are leaking.** Unnecessary meetings that produce an energy leak. An overwhelming number of emails that make you feel like you are sinking in quicksand. A lack of priorities that ends in more commitments than you can meet. Most of us are guilty of all of these charges.

The psalmist said: *“Teach us to count our days well”*. (Psalm 90:11). That principle has many applications. **If you want every day to count, count the days.**

Excerpt From

Do it for a day: How to create or break any habit in 30 days / Do It For A Day: How to Make or Break Any Habit in 30 Days.

Mark Batterson