

Sleep can be Time Management

Yes, you read that right, and I am going to explain! I have been in the real estate support industry the past 19 years and have had some great contracts with companies and organizations. I had a stint of 4 years that did not go as well to say the least. Broken promises, told many untruths, loss of money that was owed to me, leadership that did not understand the business, enough said you get my point and many of you were a part of my life during those years.

It just recently became apparent to me what was happening to me during those 4 years. Many of the nights it would be 1:00 am and I was still sitting in the living room staring at the dark, unable to sleep because my brain was in overdrive, worried about so many things I could not control. Not that I am the sharpest knife in the drawer, but it was obvious to me the path the startup companies I was involved with was either going south or just generally not operating like so many great companies I contracted with in the past.

Night after night, loss of sleep until last November, my most recent contract ended. I took a few weeks off to regroup and reflect. Again, remember I admit to not being the sharpest knife all the time, I realized before I got involved with these startups I was so much more at peace. So, I started to head back to my happy place of speaking, presenting, training, and other educational projects, and something amazing happened.

Now when my head hits the pillow, I am out like a light, no more staring at darkness with a mind that will not shut down. Instead, about 6:00 am I am up and ready to get to work. It was an amazing revelation for me to realize slowly what was happening to me and how quickly my sleep pattern turned around.

Here is a question for you, are you a stay-up-half-the-night person fretting over things you can't control, or a fall-asleep-fast-and-wake-up-clear-headed person ready to conquer the world? If you are a half-the-night-awake-staring-at-darkness PLEASE change whatever is keeping you up at night. I did, and I am back in my happy place, please join me, my friends.

You can follow all of my articles/blogs on my Facebook page "Dick Betts Blogs" or my website DickBetts.