

Are you fed up of not having enough time?

“I don’t have enough time!” is a mantra that many of us have engraved on our hearts. We end up rushing through life, stressed and exhausted, always convincing ourselves that time is too short.

But time can race and time can slow. Much of it is down to your perception.

If we come back to the present moment, we can set ourselves free from the mind’s worries about time; we can get one thing done and dusted, before we move on to the next; we can pause the ‘time-poor stories’ we normally tell ourselves.

And we can shift out attitude, with a simple gratitude mantra:

How about choosing new perspective? Instead of focusing on not having enough time, how about telling yourself:

“I am thankful for the time I have.”

Try it now. How different does that feel? Notice the shift?

How might being thankful for the time you have help you today?

“Monthly Sunshine” is adapted from
[The Little Book of Daily Sunshine:](#)
Bite-Sized Inspiration to Light Up Your Day -
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