

Time Management

Time management is using your time wisely in order to become more organized, efficient and stress free! There are many different ways of practicing good time management, so you just need to find what works best for you!

Why is Time Management Important?

The reason many of us feel stressed in our daily lives is that we have too much to do in a short period of time. Being overwhelmed with activities, assignments and work can lead a person to be "stressed out."

Time management is helpful and necessary in our busy lives. In order to balance our schedule we need to be a-11.25 T

