

# EP.10 Perception of Time

We ALL have 168 hours a week, but how we perceive time can be completely different though. So, what are we all doing with our time? It's your mindset that will change your perception.

**FACT:** "People claiming to work more than 75 hours per week were overestimating how much they work by more than 25 hours." 2011 Bureau of Labor Statistics

When you are not intentional with your time, the perception is that you are always busy. **HOW** to start being intentional with your time:

1. Start tracking your time
2. Clock all your time for a week. Do the math and see where you are spending your time.
3. Make an intentional plan
  - Ex: Buy positive mental nutrition books and keep them in places you would typically pick up a gossip magazine.
4. Convert your "to do list" to your calendar. Make the time to get things done.
  - Be intentional with blocking and disciplined enough to stick to it.

**FACT:** Your brain will clump routines together and discard it. This is how we lose time! How much time and money are we spending on these routines? Trick your brain, break the routine, and create memories that bring joy.

**HOW** do we do this as a hygienist?

1. Be present with your current patient and actively listen. This will break up your routine and make you better prepared to offer a treatment plan for their specific needs.
2. Where are you wasting time? How can you be more efficient with your time? What are you doing with your hour?
3. You can have an outline of that hour, but this is where we add the meat and create value.

**HOW** can we trick our minds and gain back the perception of time?

1. Stop worrying
2. Break up the routine
3. Be more present at work and with patients
4. Spend more time with friends and family.

**People who spend more time with friends and family live longer.  
Create your own blue zone. Be grateful!**

**Book: 'Off the Clock' by Laura Vanderkam**