

What's the Value of an Hour?

By John Assaraf

When I was 21 years old a gentleman asked me what I thought the value of an hour was. At that point, I honestly did not know how to answer the question. He went on to teach me one of the most valuable lessons I have ever learned.

He suggested that the value of an hour was priceless. When this confused me some, here is what he went on to tell me this:

If you invest one hour each day in understanding yourself and your environment better, you will accumulate nine 40-hour weeks over the course of a year! As you can imagine I was blown away when he put it to me that way. Nine 40-hour weeks? This seemed impossible until I did the math. 365 days multiplied by one hour each is...yep, nine 40-hour weeks!

He went on to ask me how well I would be able to do something if I did it all day, every day for just over two months. Well you already know the answer to that...I could be awesome!

He went on to tell me that over the course of just five years I would have invested the equivalent of 1825 hours of focus on whatever I desired to accomplish in my life.

Imagine for a minute how incredible you could become at anything you did for one hour each day for the next year.

How physically fit could you get? How much more love could you give and receive? How much more money could you earn?

Let me suggest that one hour is a small price to pay in comparison to the payoff.

Just one hour each day may just be the razor's edge you need to really get the results you want in your life.

For me the decision was easy. I have been studying human potential and the mind for over 20 years. Each time I think I'm getting a good handle on it, I am gently reminded of how much there is to observe and learn.

Is getting what you want in life worth one hour a day? I certainly hope so.

Regardless of the success I have achieved in my life, I still manage to set aside my hour to read motivational stories or listen to inspirational people. They are the fuel for my mind and it keeps me learning and yearning for more.

Please adopt an hour a day for yourself!

Pick one area of your life that you want to improve and commit the next 90 days to that one thing.

I assure you that the results you achieve will be well worth the decision!

And remember...you can't get out of this life more than you put into it.