

Time Management (Key Lessons from Randy Pausch):

Randy Pausch, a Carnegie Mellon professor, emphasized that time is more valuable than money and shared practical strategies to use it wisely.

Core Principles

1. Set Clear Goals : Know what matters most and direct your efforts toward it.
2. Eliminate Time Wasters : Cut out distractions and non-essential tasks.
3. Protect Your Prime Time : Identify when you're most productive and guard those hours.
4. Use Deadlines : Even artificial deadlines help fight procrastination.
5. Manage Interruptions : Small distractions cost more time than they seem.

Takeaway

Pausch's message is simple: be intentional. By clarifying goals, minimizing distractions, and making conscious choices, you can reclaim your time and live more purposefully.