# Is A Lack of Time A Limiting Belief? The Answer May Surprise You

It’s common to feel like you don’t have enough time. With work, family, relationships, and personal health, there’s a lot to juggle. Most adults feel like they don’t have any “free” time whatsoever — which is quite sad. Everyone deserves a little free time now and then. What most people don’t realize is that you have to create your own free time.

It’s difficult to conceive of a lack of time being a limiting belief. Many people believe: “Well, if I don’t have enough time, there’s nothing I can do.” That, in and of itself, is a limiting belief. Still, though, thinking “I don’t have enough time” is a bit different from thinking “I’m not good enough.” Having a lack of time is a limiting belief that’s caused by external issues, whereas thinking you’re not good enough is a limiting belief that’s caused by internal issues.

If you’ve been wondering whether having a lack of time is actually a limiting belief, you’ve come to the right place. In this article, we’ll be breaking down the answer to this question — which may surprise you! Let’s get right into it, shall we?

## Breaking Down the Limiting Belief: “I Don’t Have Enough Time”

Plenty of people feel like they’re super busy with their daily tasks, and that they don't have enough time to dedicate to their dreams or goals. This means that they’re always busy, but not actually getting much done — not anything that matters in the grand scheme of things, anyway. If you want to overcome your limiting belie that you “don’t have enough time,” you’ll need to reframe your thoughts.

For example, instead of saying, "I don't have enough time," tell yourself things like "I have time for important stuff," or "I won't let time control me." Doing this will help you see things from a different perspective, as well as more efficiently manage your time. It’s generally recommended to prioritize and organize your tasks. This means starting with your most important tasks first, preferably earlier in the day.

If you can manage this, you’ll be getting your most pressing tasks out of the way, rather than procrastinating and stressing about them all day long. Once you’ve completed your work tasks, you can start working on the tasks that matter to you most — the ones that motivate you and put you on the path towards achieving your goals.