

YOUR AM ROUTINE

1 You won't like this one, but we're going to suggest it anyway. Set your alarm one hour earlier. Bingo! You don't have to do it every day (let's be real), but even getting up 30 minutes early once a week buys you the time to get up and go for a sunrise walk before work. **Time saved = 1 hour.**

2 Failing that, invest in a coffee maker at home so you cut out the trip to your barista on the way to work. **Time saved = 15 mins.**

3 Skip one hair wash a week, so you're only doing two per week max. Use dry shampoo instead, brush it into a low pony and you'll also save precious morning minutes on blow drying. **Time saved = 15 minutes.**

4 Yeah, we know, coffee made by someone else is hard to give up. So instead of checking Facebook first thing in the morning in bed, wait to do until you're in the barista queue. **Time saved = 10 minutes.**



5 Turn off the TV. Instead of blaring the news while you rush around and burn your ear on your hair tongs, try this: Start your day in calming silence. Over breakfast, run a mental dress rehearsal of how you'd like your day to go (get to work on time, find a great parking spot, be productive, go the gym at lunchtime, etc.). Ahh, isn't that a better way to start your morning? **Time saved (by not finding and applying burn cream) = 10 minutes.**

YOUR PM ROUTINE

6 Create a weekly meal plan. This saves a lot of time. No more wandering aimlessly around the supermarket or spending hours Googling "quick and easy dinners". Schedule in two days where you eat leftovers, one day for takeout, one night that's regular (taco Tuesdays) and one super simple meal that the kids can cook (pasta and sauce). **Time saved = 3-4 hours per week.**

7 Implement social media rules. The average person spends one hour and 40 minutes flicking through five social media accounts each day, according to a recent report by Global Web Index. Start by staying offline during meals, and when you're in the



10 WAYS TO GET AN EXTRA HOUR IN YOUR DAY

Quit rushing through life and you can find time to work through your bucket list. By Tara Ali

You have the same amount of hours in the day as Beyoncé, as the saying goes (though we're pretty sure she's not personally making those Ivy Park clothes). And yet... after you've been to work, made dinner, speed cleaned the bathroom, helped with homework, well, who has time for anything except Netflix?

So when are you ever going to get more sleep, travel to India or finally make it to a yoga class? The key to creating more wiggle room in your life starts with something simple: quit rushing, says Gretchen Rubin, happiness expert and

author of New York Times bestseller *Better Than Before*. Rubin's philosophy is "going slow to go fast" and though it sounds counter-intuitive, it makes sense.

"Hurrying slows you down and consumes more time," Rubin says. "I forget to bring my phone if I leave in a rush. My husband lost his wallet in a cab because he was running late. Hurrying makes you forget things, drop things, mess up. In the end it consumes more time."

So begin by reading this list, slowly. Sip your coffee, take your time and try these ideas during the week to create extra hours for yourself.

bathroom. Before you post a photo or a status ask yourself if you're really doing it because it's interesting or if you're doing it for the likes. And while you're at it, pass this tip onto your teenagers, who, according to CNN in 2015, check social media 100 times a day! **Time saved = 45 minutes.**

8 Spend 15 minutes preparing for the morning. Put coffee in the filter, fill the kettle, put your keys and wallet on the kitchen counter, pack any lunches. For extra points, lay your clothes out for the next day. (OK, you're right, who has time to do that?) **Time saved = 15 minutes.**

YOUR WEEKEND

9 Rethink your training. If you tend to not push yourself on solo workouts, go for an intense group class instead. Most gyms offer classes such as F45 (functional training that takes 45 minutes) or 30-minute abs. **Time saved = 15 minutes.**

10 Do one task every weekend that will make your week easier. Write and shop for your meal plan. Download your podcasts. Get your shoes reheeled. Keep the flow going to free up week lunch and evening times. Remember, yoga is waiting... **Time saved = Up to one hour.**



➔ 4 WELLBEING THINGS TO DO WITH AN EXTRA HOUR A DAY

GO TO BED ONE HOUR EARLIER OR SLEEP IN ONE HOUR LATER

Women need more sleep than men because of their complex brains, according to research by Loughborough University in the UK.

MAKE A BEAUTIFUL (INSTAGRAM-WORTHY) BREAKFAST

Start your day off right with a healthy and lovingly created meal.

READ – A NOVEL, NOT YOUR PHONE

A 2014 study by Emory University in the US found that reading fiction improves brain connectivity and function.

BE A HOME GIRL/BOY

In a survey commissioned by Telstra in 2013, 43 per cent people said they'd spend time with their families if they had an extra hour a day.