

Value your time

Time is the most valuable capital of a man. There can be no price that can be attached to time. In Surah Al-Asr, Allah Ta'ala takes an oath on time, *“By time! Verily man is in loss.”* This verse implies that those who do not value time are in a state of loss and destruction.

A Hadith advises, *“There are two bounties regarding which many people are deceived - good health and free time.”* (Bukhari)

So as we commence a new academic and working year, measures should be put in place to maximise our productivity and use our time wisely.

The following points may be used as a guideline:

- 1. Planning** - Thorough planning helps one to schedule tasks and work systematically. Allocate time for one's family responsibilities, Deeni activities and relaxation. Strike a balance in one's routine. It is stated in the Hadith: *“There is no intelligence like effective planning.”* (Ibn Majah) Plan your work and then work your plan.
- 2. Avoid time wasting** - Avoid activity that has no benefit like unnecessary use of social media should be cut out.
- 3. Make commitments, not just promises** - With a commitment, action takes place promptly and with steadfastness. A promise is delayed for the future and action is uncertain.
- 4. Aim to improve** - Keep improving your time management and increase your capacity to use time wisely. A Hadith advises us *“Whoever's 2 days are the same (pass by without improvement) is in deception.”* (Hilyatul Awliya)