Being on Time for Appointments

All right now, as you are relaxed in mind and body, take a deep breath in and breathe out. Allowing yourself to relax even more and enjoy this time that is so rewarding and beneficial for you. As you are relaxed, picture yourself being at the beach. You notice a wooden bench on which you can sit. You walk towards the bench as you breathe in the fresh air and exhale slowly. When you arrive at the bench you go and sit on the bench. It is as if you can feel the grain and texture of the wood with your hands, and you realize that it is a strong wooden bench. Now as you are looking in front of you, enjoying the view at the beach. You notice some seagulls flying around, enjoying the breeze in the air. You can also feel the sun on your skin and the temperature is just right, as the sun begins to set slowly but surely. You may even wonder why the sunset and sunrise are always on time.

That's right, the sunrise in the morning and the times may change from season to season. The sun rises according to the time of the season, but during the season the sun is always on time, every time to rise and shine. That is why in the evenings the sun sets at a time when the day ends which means the sun is again on time all the time. Now, according to the sun we, as humans, schedule our days. Sometimes we overbook our schedule and other times we have a lot of free time. We make sure that we are on time every time for each and every appointment. That's right because it is good to be on time every time for it saves time and money for you when you are on time for your appointments. The thought might have crossed your mind, what if you could schedule your day like the sun, but you are able to schedule your day like the sun. Because you are a powerful person, you are the operator here and this allows you to be on time every time for your appointments each and every day. You can look at your schedule and see all the appointments that are there. You can also see the free time that you have scheduled for you to relax and to refresh your mind, to allow yourself to rest and re-focus again.

Because you are a mindful person as you are breathing in and breathing out, you realize that you have the abilities and skills to schedule your day effectively. Instead of overbooking your schedule for the day, you make time for yourself, but you make time for appointments as well, for you realize that the appointments are for your own benefits. That is why you are on time every time for an appointment. You can say if you know that you will be stuck in traffic at a certain time of the day, you may or may not decide to travel earlier to ensure that you will be on time for your appointment. For it is important for you to be on time every time and every time you are on time for an appointment. People look up to you, they admire your commitment and the diligence that you have for showing up on time every time. You are a powerful person and you commit to your appointments as you are on time for your appointments.

See yourself in your day-to-day life, as the sunrise you're waking up, getting ready for the day. You realize that during the day you have appointments that you need to attend to and you attend the appointment on time every time. You are always on time for you respect your time and you also respect other people's time as well. When you are not committed to an appointment you might see it as a massive waste of time. But that is why you are on time

every time and during the time that you are at the appointments, you are focused and motivated to be on time for your next appointment. At the end of the day, it is as if you can feel a sense of accomplishment. For you are on time every time for your appointment as you know that every time you'll feel proud of yourself for being on time. You can say that you are able to feel confident about yourself as you are committed to your appointments because you arrive on time every time for your appointments and that is wonderful