

# STRESS DUE TO LACK OF TIME

Even though there just isn't enough time in the day to get everything done, somehow I can love and accept myself  
Even though I don't have enough time to do everything I have to do, somehow everything can work out  
Even though there is always something to do, and never enough time to do it all, somehow I can forgive myself

There just isn't enough time  
There's too much to do  
And I'll never get it all done  
I have so much to do  
And not enough time to do it  
There aren't enough hours in the day  
For me to do everything I have to do  
There's always one more thing to do  
And not enough time to do it

I want to be over all this stress that there just isn't enough time

There doesn't seem to be enough time  
I'm just overwhelmed with things to do  
And I can never catch up  
How can I take the time to de-stress  
When it takes away from all these other tasks that I have to get done  
There is so much I have to get done  
And never enough hours in the day to do it  
I don't see a solution  
To not having enough time

I want to be completely 100% over all this stress that there just isn't enough time for me to do it all

I feel like I have to do all this stuff  
And I can never get it all done  
I feel like I need more time  
But even if I had more time, there would always be more things to do  
I always have something to do  
And it feels so overwhelming  
Would having more time really release  
    some of this pressure  
All the time in the world, and I would still  
    feel pressure to do more  
If I had all the time in the world, I still would  
    always have something to do

Somehow I will be completely, 100% over all this stress  
about all the things I feel I have to do

All these things I have to do  
There's always something to do  
I have too much to do, and no way to get it all done  
I feel like there's no way I'll get it all done  
I feel like there's not enough time  
But I can't change time  
And I feel like I can't change all these things I have to do  
I have all these things that I have to do  
And I find it overwhelming

Somehow I can choose to see some options for myself,  
and all these things I have to do

Why do "I" have to do all these things?  
Is it possible someone else can do some of these things?  
Why do I "have" to do all these things?  
Is it possible that I'm choosing to do some of these things?  
Is it really true I have to do "all" these things?  
Is it possible that I can say no to some of these things?  
Is it possible that at any one time, there is only one thing that  
    has to be done?  
Perhaps at any one time, the only thing I have to do,  
    is the one thing I'm doing now?  
Maybe "all of these things" are really just a series of  
    "one thing at a time"

And maybe it's pretty easy to do only one thing at a time,  
and somehow I can forgive myself