

ISLAM

Time planning means success

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There is a well-known saying attributed to the philosopher Aristotle: "It is well to be up before daybreak, for such habits contribute to health, wealth, and wisdom." This saying was repeated by one of the Founding Fathers of the United States, Benjamin Franklin, in these words: "Early to bed and early to rise makes a man healthy, wealthy and wise."

Our life is divided in units, that is, 24 hours everyday. Our success and failure depend upon whether or not we are able to successfully plan our day and night. It is this time-planning that makes our life a case of success or failure. We cannot create a new calendar. We have no option other than to adjust with the calendar that has been designed by nature. From morning to evening and from evening to morning there are twenty-four hours. There are several parts of this duration. Every portion has a special significance.

We have to discover that relative significance and plan our life in accordance with this natural timing. Otherwise, we will fail to achieve what we want to achieve.

According to the natural system, sleep is very important. Through sleeping we are able to restore our energy and make ourselves fresh everyday. But, to avail this natural opportunity, we have to go to bed in the early part of night, for example, two hours after the sun-set.

Going to bed early makes you capable of rising early in the morning. And, morning is no doubt the best moment of a person's life. If we wake up early in the morning we will be able to avail the morning time as well as the rest of the day. This is time-planning. This time-planning covers all the moments of your life. If you keep to this timing, you will be able to do your other activities at the right time. This will further lead to success in every walk of life.