



MVS: Defend Your Time

Title

Defend Your Time

Description

A stranger jumps over your garden fence. Your blood boils. Your fists clench. You're ready to call the cops or grab a bat because no one invades your space. But guess what? **Every single day, you let people trample all over your time.** They steal hours, days, years from your life—and you **just stand there**, smiling, **nodding**, letting them take what they want.

Your house, your car, your phone—sure, those are valuable. But **what about your time? The one thing you can never get back?** You'd throw hands for a scratched car, but when someone sucks away hours of your day with useless meetings, mindless chatter, or their own damn problems, **you just let it happen.** Why? Because society trained you to be a people-pleaser. To say "yes" when you should be screaming "NO."

Seneca put it bluntly: ***"People are frugal in guarding their personal property; but as soon as it comes to squandering time, they are***

most wasteful of the one thing in which it is right to be stingy.” No more words needed. It's unbelievable.

You wouldn't hand over your bank account to a stranger, so stop handing over your minutes, your hours, your life.

Loneliness is the price of self-respect at first. But on the other side of it? Freedom. The right people. The right opportunities. A life where you decide how your time is spent, instead of being a puppet for everyone else's needs.

It's hard. But so is regret. Choose your pain wisely.

Now, go guard your time like your life depends on it. **Because it does.**

Tasks

1. Stop Being Afraid to Say NO

- Every time you say “yes” to something meaningless, **you're saying “no” to your own life.** Test yourself: for the next month, **say NO to anything that doesn't serve you.** Decline the invite. Ignore the call. Reject the extra work. Feel the power of that single, sacred word. If saying “no” costs you people, Good. Let them go.

2. Choose Wisely – Every Commitment Is a Life Trade

- **You can always make more money; you can never make more time.** Start filtering out time-wasters like you'd filter out poison from your drinking water.

3. Buy Your Time Back – Because Freedom Has a Price

- **If you can, delegate, outsource.** Pay for convenience. Trade money for time whenever possible.
- Earn as quick as possible, your **"Fuck Off Money"** amount. This concept refers to having enough savings or financial independence that you can walk away from any situation—whether it's a toxic job, an abusive relationship, or an obligation that drains you—without worrying about survival. **It's the money**

that gives you the freedom to say “fuck off” to anything that doesn’t serve you.

4. Enforce Your Boundaries Like a Guard Dog

- You wouldn’t let a thief walk into your house and start taking things. So why the hell do you let people steal your time? **Set hard, brutal boundaries.** Put your phone on “Do Not Disturb.” Block people who drain your energy. Walk away if it’s necessary. Be unapologetic. Your time is your fortress—defend it.

Expected Results

- You will **stop being a human sacrifice** for other people’s bullshit.
- You **give more value to time** than objects and property.
- You will finally live like your time is **the most valuable asset you own**—because it IS.

Duration

At least 1 month.

For any feedback, criticism, suggestions, chat:
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