

are a part.

Personal Evolution

Through time management, you become more fully who you really are. You take the unique place in the web of life that is yours by birthright. Stepping into that place, you find deep satisfaction in being the person you are. You act as a sovereign being who can exercise power in service to the whole.

Satisfaction

Satisfaction practice, encountered first in the Attention chapter, counterbalances habitual negative focus. Satisfaction is available at every turn. You may not have a concrete product to show, but you let the satisfaction of what you did reverberate (even if all you did was show up). Even when life is unpleasant or unfruitful, you acknowledge “bad” things as fuel for the enterprise. Nothing is wasted, everything is useful. You embrace your whole self and rest in the deep satisfaction that comes from unconditional acceptance.

Sovereignty

In *Steering By Starlight*, Martha Beck says that, “Freedom is available at any time, to anyone—and so is captivity.”¹⁷ Practicing the new time management you see that you need not be prey to every passing fancy. A steady core of attention centers you, and appropriate boundaries protect you; you make choices as a free agent. You find that you feel less enslaved to such things as regret for the past, worry for the future, habits of mind or feeling, or external demands. You get in touch with your own agenda, needs, desires, and life purpose. Sovereignty calls forth your power to influence the world.

Service

You exercise that power to serve the greater good of all in every choice you make. Each choice, even those that seem to serve just