

## **A Little Every Day**

Written by Lillian Chebosi  
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### **Volume 11, Issue 24: A Little Every Day**

When studying for exams, did you or do you wait until exam week to cram all your studying? Or do you prefer to do a little bit of studying almost every other day around the beginning of the semester so that when exams are around the corner you only have a little preparation to make?

When it comes to keeping your house, are you more inclined to doing a little bit of cleaning and organizing almost every other day? Or do you prefer to not do much in the day-to-day and focus on spring cleaning and deep cleaning every once in awhile or when you get to it?

Both methods get the job done, somehow. Is one of the methods better than the other or is that a matter of personal opinion? I don't know the answer to that. What I know is that if you are like me, inclined to doing a little bit every day, then you find piling all the work to when it must be done rather overwhelming and intimidating.

You would rather spend five to fifteen minutes each day, and thirty to sixty minutes each week cleaning and organizing spaces in your home, than spend several hours over the weekend restoring order to your home. You would rather wipe down your clean chimney for a few seconds every day than let dirt and grease pile on it that can only come out by deep cleaning.

If you are anything like me, you would rather study for exams long before the exam timetable is released. I keep drumming into my children each morning as I drop them to school to make each day count. My philosophy, which I keep reminding them every school morning is that "you don't prepare for exams during exam week, you prepare for exams from day one of school."

So, if you even slightly agree that a little every day is better and more efficient than piling all the work to the very last minute, why don't you give it a try? Try it in your work, in your house keeping, in your relationships, in your studies, in your finances, in your health and fitness practices.

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I know people who do zero exercise during the week but compensate with hours of binge workout on the weekend. A little bit every day or every other day is more manageable, I would say. But when all is said and done, you can only go by what works for you. So don't think you have to switch to doing a little every day if you are doing just fine with piling your work to the end of the week or month or quarter or year. Each of us is different.

For His Glory,

Lillian Chebosi