

9 LAWS OF TIME MANAGEMENT

Looking to boost productivity in your personal or professional life? By exploring prevalent time management principles, you can develop smarter strategies to tackle tasks with ease. Here are 9 practical laws of time management to help you work efficiently.

1 **Parkinson's Law**

"Work expands to fill the allotted time we set aside for its completion."

2 **The Pareto Principle**

"80% of consequences come from 20% of causes."

3 **Carlson's Law**

"A task performed uninterrupted takes less time and energy than when it is carried out in several stages."

4 **Illich's Law**

"Beyond a certain point, more time invested in a task results in a decline in productivity."

5 **Hofstadter's Law**

"It always takes longer than you expect, even when you take into account Hofstadter's Law."

6 **Murphy's Law**

"Anything that can go wrong will go wrong."

7 **Laborit's Law**

"When faced with multiple tasks, we tend to choose the easiest or least stressful one, often procrastinating on the more difficult but important tasks."

8 **Fraisse's Law**

"The perceived duration of a task is inversely proportional to the amount of interest it holds."

9 **The Swoboda-Fließ-Teltscher Law**

"Human physical, emotional, and intellectual capacities follow predictable cycles, which can influence performance, mood, and decision-making."

