Aperius Consulting

**Windows 10.5.6**

**Summary:**

* Every week, we are given 21 ‘windows’ of opportunity.
* It’s important to use those windows ‘consciously’.
* Lifetime is finite. Don’t squander it.

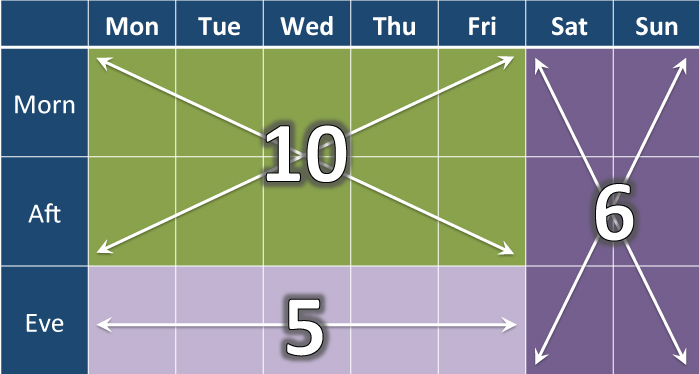
**Windows 10.5.6 – an Operating System for Life**

*Roger Alderson, Aperius Consulting*

I recently stumbled on Windows 10.5.6. Not an operating system for my computer but rather a philosophical operating system for my life.

*Every week, there are 21 ‘windows of opportunity’*

* The ‘10’ refers to the *working* windows (morning and afternoon) that are available each Monday through Friday.
* The ‘5’ refers to the *personal* windows that are available each evening of the working week.
* Finally, the ‘6’ refers to the additional *personal* windows available over the weekend (Saturday morning through Sunday evening).

It’s a concept within which to think about how you’re investing your time, and it’s a useful framework. 21 ‘windows’ a week with 10 (typically) focused on work and 11 for personal activities. To understand a little more, here is some basic arithmetic.

Assuming a working life of 47 years (18 through 65), with four weeks of vacation a year and another week a year for ‘other’ things (training, illness, travel). This means that over your career you’ll have:

* 22,090 windows (43%) available for work.
* 24,299 windows (47%) available for personal activities.
* 3,948 windows (8%) available for vacations.
* 987 windows (2%) available for ‘other’ activities.

At first glance this seems pretty good, especially in terms of work/life balance. There are a lot of windows within a working lifetime. Better still, more than half of them are personal. The average twenty-year old sees this long bright future stretching out ahead of them with a seemingly limitless reservoir to tap into. At twenty, that’s true. But at thirty, the windows of opportunity are declining rapidly.

*Although it appears that there are lots of windows of opportunity, they are constantly eroding.*

* By age 35, you’ve used up 36% of your working lifetime.
* By 50, you’ve used up 69%.
* By 60, you’ve used up 89%.

Time is not an infinite resource. So using a ‘window’ to watch a bad movie, or play a game on your phone, or sit in a pointless business meeting is really a waste of time. It becomes especially apparent if you start adding these wasted windows up. For example, imagine that you attend just one worthless (3hr) meeting a month. That will soak up 564 windows over a career, 2.5%.

***Summary***

Bottom line - life is *VERY* finite. You (probably) only get one try, so make it count! Think about the 10.5.6 windows that are open to you every week, and use them wisely – they’re precious.

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