**Take The Helm. It’s Your Ship**

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B: Now imagine you’re on a cruise called “The Life”. You’re the captain. It sounds great, doesn’t it? The weather’s just fine. There are no clouds in the sky, no big waves on the sea. It’s just a perfect day for the cruise. You’re searching for treasures such as gold, diamond and so on. There are really valuable treasures on the islands. You can choose which to get. But when you try to get them all at once, it’s just like you’re saying, “Go north, south, west and east!” So which way are you going?

A: Now these vectors are pointing at the opposite directions from each other. Mathematically, these vectors cancel each other out and equals zero. Now you’re beginning to lose control. So if you try to get them all at one time, you’ll realize that you'll get nothing at all, even if the day is perfect for the cruise.

C: This thing often happens in our daily lives. Some of you may do homework while watching TV, don’t you? If you do so, you can’t enjoy TV very much and it takes much longer to finish homework. And to make it worse, you may learn nothing from doing the homework.

A: When you have many objectives and try to do many things at a time, everything will be done by halves and you accomplish nothing. But why does this happen? Let us explain.

B: Progress of technology has made it possible to do many things in an easy way and in a short time. It sounds great. But sometimes it makes us think that we can do multiple things at a time. But is it really possible?

C: Of course not. We equally have 24 hours a day. Each of us has just one body. It seems you can do homework while watching TV. But it is no more possible than writing a letter while swimming. Trying to do multiple things at one time ends up with losing control of your life.

A: How can you avoid losing controls? It’s a simple and common way. One. Set a goal. Two. Decide the primary action for you to reach the goal. Three. Concentrate on it. You can reach the goal for sure only by following these three steps.

B: But how should we decide what takes priority over others?

A: Visualization is one of the effective ways. Here it is. This is a famous chart. The horizontal axis represents how much you like to do. We name it Desire. And the vertical axis represents how much you need to do. We name it Importance. Using this chart, you can visualize and organize the actions for you to do.

C: As an example, let us think about myself on a day a month ago. A, I had to write a report for my experiment class. I didn’t like to do it, but it was necessary. So it goes here. B, I wanted to see “Star Wars” because I liked the previous Star Wars movies very much. I had really wanted to see the new movie for a long time. But it’s not very important for my academic purpose. So it goes here. Likewise, C, I had to prepare for this presentation contest, which goes here. D, I wanted to watch the final episode of “Shitamachi Rocket” on TV. E, I wanted to read a comic, F, I had to do homework of the next English class.

B: So, what did you do actually?

C: I did homework, …watching TV.

A: Now, we found a problem about this two dimension chart. We can see two elements that these actions have. But it’s not enough. We have to think of another factor. So we extend this chart to 3-Dimension which has another axis. The third axis represents how long it takes and how much time is allowed to do it. Let’s name it Urgency.

C: The important thing is to ask yourself what you have to do NOW. In other words, think essentially what you have to concentrate on. Using this 3D chart, we can easily compare which is more important now. Let’s go back to the example of mine. The deadline of the report was the next week. And it would take two hours to finish it. The 90-minute TV program was to broadcast on time on that day. By the way I don’t have a video recorder. The movie had just begun and it’s still on the road even today. And I had to spend at least 30 minutes every day to prepare for this presentation contest.

A: Clarifying these three dimensional factors, we can visualize which you should give the priority. Sometimes you must give up what you want to do. However, if you concentrate on one thing, you may be able to create extra time to do it. Of course you can watch TV as long as you have enough time to satisfy your desire. But if you can hold the desire of the moment and concentrate on the more important thing, you will be able to accomplish in your life.

C: Yes. I really, really want to see “Star Wars”. But it is still on the road even today. So I can go to see the movie after we finish this contest.

B: Well, we can’t finish multiple things at a time. We have to finish one thing and then take another action. Without concentration, things will take much, much longer to finish. It makes you tired and bored. It means the ship of your life is losing control. So just concentrate on it, finish it and move on to another action. It’s just like deciding the route of your ship. Once you decide the best route to the destination, you can navigate your ship with the least loss of time and fuel. Moreover, you will be able to go further.

A: To have a fulfilling life, we told you three things. One, think about what you have to do now. Two, think about the actions three-dimensionally and organize them. Three, pick up one thing and concentrate on it. When the thing is visible, it becomes very persuasive and gives us encouragement to do it. So visualization is the shortcut to have a fulfilling life. But whether you can get to the goal and have fulfilling life depends on you. When you set the goal and take no actions, you’ll have nothing at all.

C: There are many valuable things around you. You have the right to choose. But when you try to get them all done at the same time, you’ll be stuck. When you try to get one thing done, you may have to lose others. It’s a trade-off. It sounds really sad. But when you get it, then you can take another action to get another thing. So a clear route to the island and a concentration will make your cruise smooth. And when the cruise is smooth, you can feel your life is fulfilling.

B: Now how’s your cruise going? Are you still looking at the big ocean through a telescope and wondering which treasure to get? While you are, who’s taking the helm and where’s your ship going? So just pick one of them and raise the sails. There will probably be stormy days along your cruise. But when you know the place to go exactly, you’ll never miss it. So just take the helm, it’s your ship.