



# Time Management and ‘LAIsssez-Fairer’: Less Is More

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**Abstract.** In people’s daily life, everyone must have the experience of making a schedule or setting a tomorrow plan. But the fact seldom do people have high efficiency in work or life. Research shows that many artists do not have an extremely accurate timetable of their work or life. But they still have a really good work-life balance and brilliant output. There are four types of time management theories, and it does not suit everyone. So the phenomenon figures out this brand new type that also works. The research method of this essay is case analysis: there are three real cases on this topic: the story of Hoshino Gen, J. K. Rowling, and Ed Sheeran. They all have their methods to manage time, but they all have the same topic: less is more. This article will be separated into five parts, they are an introduction, theory and hypothesis, case presentation, the operation principle of this new type of time management, and conclusion. This article starts a new concept of Time management and talks about life balance in a deeper way than before.

**Keywords:** Time management · Laissez-fairer · work-life balance · Efficiency

## 1 Introduction

As we all know, time is always a great topic people may talk about in daily life and everyday work. People regard Time management as an important way in improving their efficiency of work. Almost every company is looking for a person who can manage their time well not only in working but also in their leisure time. This standard is considered a good way to figure out someone’s personality and their performance in working. Traditionally, people can manage their time well, they will be better in performance. But some workers in the art field seem seldom have a perfect plan of their time, instead, they can also create perfect works. How does this work?

Hoshino Gen is a famous Japanese musician, his music was widely spread worldwide. Almost every Japanese knows this man or has listened to his music. Also, he with a very dark and hard past, but he still wrote many positive songs which give millions of people the power to face all the difficulties. We can call him ‘succeed in his career’. In his autobiography, Looking out the window of life, Mr.Gen said that he seldom has a great plan for his time, while he also combines his life with work. There is no clear boundary between that two things. In the traditional sense, time management means that we have to give our time some limitations, in this ‘traditional time management people have to

set a schedule and obey the law of the circadian clock. People's final goal is to improve efficiency and do better work. But from the example of Hoshino Gen, it is easy to know that treating time randomly can also create awesome works that mean bringing value to society. Haruki Murakami has ever hypothesized that 'people may use some other activities to replace sleep' in his book <sleep>. That break the basic thought of 'time' Maybe sometimes it says that 'Doing nothing is also a way to manage time. People can also become successful without accurate time management.

The framework of this innovative research will be put into three-part, and every part will have three to four sub-points. The first part is about 'what'. What is 'Doing nothing in management'. what is a Random schedule and what can be called successful in this special way of time management. For the next part, firstly we may talk about why these artists can create great works without traditional time management. Secondly, why this way can be efficient, especially for creative workers. And the last point is why people are unable to agree about this special way of managing time. The last part is about some revelations. As long as humans want to progress in all fields, they have to break the old rules and accept the new ones. The first point is how can managers let more creative workers accept this innovative way of management. Secondly, how to let people discard old ideas. Actually, 'Doing nothing in management' is an old thought in China, Which was firstly given by Lao Tze. Everything was born from nature. But nowadays the company is almost impossible. Because it is widely regarded as a useless way. Nowadays, every field in this world is progressing so fast, rarely stops. Someone said that the office is the most useless thing for workers because, in this modern world, flexibility is more important than all the things. Every day everyone is changing. So maybe directors can use more Chinese old thought in modern management ways. This is something that no one has tried.,a probability that may bring more value to the modern world. If this series of research can be carried on, which may bring more fresh ideas into management [1].

This is a fourth-level heading. You can replicate it where suitable.

## 2 Theory and Hypothesis

As we all know, time management is always a very popular topic, which was widely used in modern management theory. Many successful financial managers and stockbrokers have a very decent and elaborate limitation on their own time, especially when they are working or doing some tasks which are time-limited. Let us focus on the past theories. There are many interesting theories about Time management, one of the theories introduced the definition of Time management, to achieve the goals of the individual or the whole team, people use some plan in advance and some useful skills or tools to make time more flexible and be more efficient. This topic has a long history, which has progressed from the agricultural revolution to the industrial revolution. Time management theory can be generally decided into four generations. The first generation regards the notebooks using as a very important part of Time management, during this period the supporters think people should allocate time and energy. The second generation thinks we should follow the schedule, which also focused on the importance of future time. The third part of the period particularly introduces the concept of Time management which almost every modern workers think is right. And this is the most popular one among all

the theories. The contents are about how urgent the things may happen, and according to this people can make 'the small, the middle and the big plans about the time, while putting appropriate time and energy into this. The point is to satisfy the needs of people. To make a better life. The fourth period focused on 'individual management', which means having a better life-work balance.

The last paragraph just basically shows some theories on Time management. About how all these types of management work and what is the real meaning of each one. But if people use these traditional types of Time management in modern life, it can be inappropriate. Almost all the modern successful businesses man think the elaborate time limitation on their own time can make them have a better work-life balance. But not everyone can use the traditional time management theories to make them work or live better. According to the survey, only 25% of elite managers tend to hold a decent time limitation on their working time, while only 40% of them feel much more efficient than before. Not all managers are suitable for the traditional theories of Time management [2]. Someone manage their time well, but they still are in a low efficient position. What makes them so helpless. The classical theory just explained it. Because the traditional theories focus on the details of time, some people suppose that they are stacked by precise time limitations or deadlines.

The traditional management ways make many people think they are restricted, which makes them extremely uncomfortable In working. But if people try to change their train of thought. Never agree about the traditional theories, they may find that there are still many ways that can be called Time management. The classical way is dividing people's every day into different parts, everyone has 24 h a day. According to the schedule you have just made, people get up or go to bed at the same time every day and work for precise hours every day, maybe 10 h above or below. Everyone has 365 days for one year, but every day is just like the same day. Does this work-life type change our work efficiency and life quality? The answer is no. So workers may have a reflection on that, which parts have mistakes. Not everyone must have a work-life schedule for improving their efficiency. Now, almost everyone can set a brand new type of Time management, it is only a hypothesis that breaks the traditional thoughts on Time management. There is a French word for 'laissez-faire'. The content of this thought is like doing nothing to achieve your goals. From here many managers may regard time as a basic subject. People only need to 'let it rip' to become successful and have a great output. The complete meaning of this type of management is 'Never manage your time is also a valid way in Time management.' I know this thought is funny. Nearly people tend to do this, but it works, especially for the workers in the field of literature and art. Like writers, musicians, painters, or philosophers. Their work time can be very different every day, sometimes they work for 20 h a day sometimes they do not work for whole days. This means they do not have a clear boundary between their life and their work. Even if they set a really clear schedule for their life, these artists tend to break it soon and come back to the old way they are familiar with. In these Random ways of work-life balance, people tend to have better creativity. This does not mean that they are giving up management, people can also regard it as a way of management. Doing nothing to manage sometimes also helps in better output. It is ridiculous and it is useful.

### 3 Case Presentation

The last part has talked a lot about the theories and it also raised the fifth type of Time management. Even if it is only a hypothesis, it also makes sense. Now, it will do some critical case analysis on that. In this sector, which will be generally divided into three parts, each part, will introduce one artist/writer. They all manage their work-life balance in a very similar way. For the first one, there is going to be the story of Japanese musician Hoshino Gen. Gen is famous in Japan, and almost everyone knows his songs. His song's topic is always about the positive things in our daily life, about sunshine, good weather, his families or even his dogs. Japanese media said that 'Gen's music raises millions of people, he always gives us hope and strong power. That is the reason why so many people love him.' He also attended the Red and white singing festival, which is the most important festival in Japan. Mr. Gen is not a Time-restrict person in his daily life. He is not only a music person but also a brilliant writer. Writing is a little hobby to him. In his article he post in the magazine, Gen said that he has horrible procrastination on work and life. His landlord always pushes him to hand in the house rent and the bills for the electricity and water. Not because he does not have money, just because he always forget about that. Gen said he does not regular his life and work at all. Sometimes he does not want to work in the daytime, he can sleep for whole days and wake up in the evening to start work. While sometimes he can compose for whole days then rest few days doing nothing. This process is just like meditation, raising power for the next better output. He wrote a book <Life goes on>, in that book he said that he never separate his working time from life apart. But he supposes it can be more efficient. Gen always takes a small notebook by his side, when he has any inspiration he will quickly write it down. Another reason why he can write so many great songs is that he is also good at getting information from the outside, such as others' feelings or the environment around him. Taking life seriously and taking down great ideas are always the right way to create a masterpiece. In his autobiography, he admits that sometimes he will forget the time. That feeling is just like immersing himself in the ocean and trying to find the light. He does not have a regular internal clock sometimes. He said, 'it is amazing'. Which always helps him compose great songs. If he comes back to the regular life, have the regular time for work. It is just like a huge lock to his inspiration. So, music people like Mr.Gen seldom have a so-called 'regular life, but they still create a masterpiece.

There is a brief introduction to the case of Hoshino Gen.He is a famous musician. Now, let it focus on the writer. There is a scotch female writer, her name is J. K. Rowling. She is the most famous and rich female writer in the world. The most famous book she has ever written is <Harry Potter>. In 1989, Rowling first have the idea of writing <Harry Potter> [3], then in 1997, the first Harry Potter with was born, and the movie of Harry Potter was born first in 2001. In 2004, her stock rose to 1 billion dollars. In 2017, the British royal family give her a companion of honor. As a novelist, she is successful. But why does she become so amazing today? It must be owing to her work habit. J.K.Rowling started to write something about rabbits when she was only 6 years old. She loves reading and writing, while she also likes to tell a story to someone else. After she got older, she was major in French and Classical literature. After the graduated, she becomes a teacher. She also does not want to put all her time into her work. She would prefer to spend more of her lifetime into feel this world. Once Rowling was on a train, she saw a boy look like

a wizard smelling her. She took her notebook and quickly take it down. This is the first sight of 'Harry Potter'. We all know she has an awful marriage. Only about a year, she separated from her husband, they get divorced and leave their only daughter. After that Rowling starts to find many kinds of jobs everywhere. When she was free she will grab a book and take her daughter to a small coffee shop, she still remembers the boy who give her only one shot of inspiration [4]. At that time, she always stay in the small shop for whole days, sometimes she even forgot the time and do not go to do the part-time job. Once in an interview, Rowling said: I forget time, sometimes I do not even know what is time. That feeling is brilliant, you can immerse yourself in what you like. Rowling just uses endless time to finish such a masterpiece. 'I do not care other's feelings about my behaviors, in that time zone I am so enjoyed about endless expressing myself by writing'.

Musicians and novelists can use 'laissez-faire' to do great jobs. There is another case about this brand new theory. Ed Sheeran is an English singer. His songs are also known by millions of young people. Someone said that only a guitar and a man can create amazing things in the world. Ed is so good at composing love songs, especially about the romance with his family and friends. He is observant of life, even the smallest things. That is one of the most important reasons he can be successful. But there are some other reasons. Time is also an interesting factor in his success, Ed loves traveling around the world with his people or alone. He would like to bring a guitar with him. When he catches something by his heart. He will spend a long time observing and try to use the note to express his feelings [5]. As a singer and composer, the composition is his main work. While Ed never minds how long he will spend on that. Sometimes it cost him days to compose only one song, while he finds that it won't be fine. So, he just give up creating. But sometimes he catches the inspiration, only a few minutes cost. So, the Random time on composition is the key to success. Ed just doing nothing on that. When he got the chance, he take it down. If did not, just give up, and do not waste more time on that, just play [6]. He also uses 'laissez-fairer' in his working time.

#### **4 The Operation Principle of 'The Fifth Type of Time Management'**

The case shows the real occasion that happened to some famous artists. They use this type of Time management to fix their life-work balance. To have a better output, they seldom or never use an elaborate timetable. This research shows that 'laissez-fairer' is a great way to manage your time. These people answered the puzzled of most people. In people's stereotypes, people have to make an elaborate schedule and set everything into an accurate timetable, but all of these cases broke it [7]. It is important to point out that, 'lasses-fair' is different from lazy. Because it is an anti-traditional type of Time management. While its core concept is also about 'managing' This means those people still want to use time appropriately to improve their work efficiency and have a better output. Only certain people can use this type correctly and efficiently. It is only for a certain career. Most of them are painters, musicians, and writers. Hoshino gen is a brilliant Japanese musician, J. K. Rowling is a world-famous writer, and Ed is an awesome Irish singer. They are all artists who create brilliant artworks. From these cases, they can generally show the operation principle of 'laissez-fairer' time management.

#### 4.1 Treat Life Seriously

This part is mainly about the experience and promotion. In the case of Hoshino gen, readers may learn that Mr.gen loves to combine his work with his daily life, he likes to take a small notebook by his side. But the main reason he can compose some great music is that he spends time on observe everything around him. Even the smallest thing he would like to have basic thinking on them, just like the small gesture that the old posted post to him, a smell from the stranger. That are all small things, while Mr. Gen can feel the fantastic emotion from other things. These things hardly would like to do in their daily life, even though it is not that difficult. Why do the small things make a musician crate so many great works? From the past research, it states the conclusion that the great works must have some main factors and they must have their core, which makes the whole song brilliant. A great song must have its special core or unique topics [8]. That is the point. How to get the special points? People must have more thought of life than others, and creative workers have to observe this world more carefully, so the tiny things can be found and be given many meanings by the artist's thoughts.

For the writer, it is also the same situation. A great observer of life can sometimes have more ideas than others. They would like to have some interesting images of the people or things, which help them create some role in the novel. Most of the roles are generally forms of reality. They catch the points, take them down, have a basic think about it, then create a better one that exists in novels.

#### 4.2 Use Inspiration to Guide Work-Life Balance

For artists, they have to think about the questions like that: why writers can not write now, why workers are in such low efficiency. Where music person can get some new inspirations and how can they get them. There are must thousands of questions between work and life. They, sometimes do not have any inspiration for the works. At that time, the best thing to improve the working efficiency is to give up and try to remove the focus of your work which is always a good way to improve your academic or art output.

At this time, take Ed for example. Sometimes, he does not have any inspiration at all. That time, he will just let his jobs down and do some others things, no matter what, it can be some recreation ways or some workout [9]. Ed said in his video that when he does not have any feelings, he will go to the bar or hang around with his people. Have a great drink and talk to different strangers. They always give him some great inspiration in composing. He said that if he was in the right zone, he can write songs with really great quality. The fastest one only cost him two minutes. 'So just follow the inspiration,' Ed said in his songs. This is true. From the research, we can figure out that some artists would like to use inspiration to guide their work rather than some kinds of elaborate schedules.

JK Rowling find saw the little boy on the train, then 'Harry Potter was 'born. That boy gives her inspiration for her novel. Then she becomes a writer. This is the so-called 'use of inspiration to guide your work'.

### 4.3 Reflection Regularly

This section is going to focus on having a strong power and will of reflection. If someone does not have a reflection regularly, he/she may be stuck by time. Most of the time, people only do what they should do which was written in their schedule or timetable. Rather than think more about the topics they are doing. People may have the experience like that superior may ask workers to do some jobs for the certain contents. Every time they finish their jobs, seldom people like to do a reflection on the working contents [10]. Nearly nobody would like to admit that they have not done it perfectly. So that is the reason why so many people are so unsuccessful in their work. Take Mr. Gen, for example, he said in his book that he loves to observe everything around him. Not only the people but also some interesting things. He is so good at catching the details of something. Then he will have a short reflection on the things that everything happens. While not everyone will do that when they are living. In the first point, artists Should treat life seriously. Which is also the first step of the reflection process. As long as they have spent time living seriously, they have the materials for reflection. They are going to go through the whole process and then make a conclusion about what is good and what they have not done so well. This is also a great premise condition of 'laissez-fairer' [11].

## 5 Conclusion

This passage points out a new type of Time management: 'laissez-fairer'. Which main content is about Doing nothing on your working time is also a good way of management. This is a great and brand-new combination of new thought and modern management. While seldom past researches are about this topic. It can be the fifth stage of Time management theory. This theory can be used by thousands of art workers. It also makes more researchers a better understanding of this brand new Time management theory. And use it much wider in the modern management process. Maybe more and more managers and companies can also have a revolution on the rules and ways of management. This passage figures out some problems which may happen in past management processes and a new concept of Time management. While there are also some problems out there modern workers have to fix and face in the future time, such as how to make it more widely used, what is the disadvantages of this brand new way, and how to improve it in the future. So there is still a lot of research space that needs to be filled.

In general, people may suppose that Time management must have an elaborate and accurate timetable. They should use these to make them have better efficiency in the working process. While not everyone uses this traditional time management. Some artists never have a regular schedule, but they still have a brilliant output. They think they are still managing time but not in traditional ways. It is also the new point this passage point out. This article presents three real cases, the first one is about a Japanese musician Hoshino Gen. He is good at observing any small one in his life and has a lot of reflections on things. The second one is J. K. Rowling, she is a great writer who would like to use some fragmented time for writing. Ed Sheeran is a British singer, Ed said it is good to catch the inspiration and use it to guide your working time. So it makes the conclusion of the operation principle, which can be separated into three-part. Firstly, treat life seriously. Second, form an inspiration-guide working habit. One last point is

that modern workers have to have a reflection sometimes to build the core of this time management.

This type of Time management is also a great combination of the Chinese classical thought of Lao Tze. ‘Laissez-fairer’ is very similar to the thought of Taoists. ‘govern by doing nothing that goes against nature. Maybe latecomers can put more and more Chinese traditionally classical thought into modern management. In the future, there must be more and more good ways to make the whole world better.

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