

How does a diligent person live each day?

“A Day in the Life of a Diligent Person”

“Our future tomorrow depends on our diligent work today” -Timothy Pina

What do diligent people do? Diligent people get up early enough to arrive on time to appointments and to complete chores. A diligent person takes initiative to complete tasks rather than waiting to be held what to do. A diligent person identifies his own goals and the goals of the people that he works for. How can a diligent person handle his or her schedule? “Being a mother, grandmother and as a Head of the clinic is quite hard for me”, that’s what Mrs. Rosemarie S. Lagran said. As a busy person, how can she handle her schedule not only working in the Health Services Unit but also serving as a mother and grandmother at home?

She wakes up between 4:00 to 4:30 in the morning. She headed to the kitchen to prepare the breakfast and the food that she will bring to work. The foremost thing that she will do is to look for the available food on the refrigerator to cook. Prepare for the rice to cook at the same time boil water for her husband’s coffee and hot water for her bathing because recently she was diagnosed to have pneumonia. Managing her time wisely, she made sure to set the table before she take a bath. After taking a bath, she again goes to the kitchen and cooks their viand. After a while, it is now her time to fix herself. Before eating everything should be done. At last, she will proceed to the jeepney terminal.

Every Tuesday, she has her 7:30-11:00 morning class and on her ample time, she stays at the MSC clinic. On Wednesday she has to observe and guide the students for their OJT on the hospital for the preparation of the student for their duty at Maribeles Hospital.

After her class on Tuesday, she stays at the clinic. She’s also busy preparing for the School’s Community and Health Care accreditation for Level II. So basically the rest of the week will be consumed in the MSC clinic.

Every Friday, her grandchildren visit her and go home on Sunday afternoon. On Monday, it is her time to do some groceries and help her husband with their Hollow Block business. She also spends her free time gardening and cultivating soil.

At the end of the day, she will go home between 5:30 to 6:00. Like a usual mother, she is not yet taking off her uniform and she headed instead to the kitchen to cook. After dinner, she had to feed their five dogs and clean the kitchen. Before going to sleep, she does a little reading and watches television but she makes sure that at 9:00 in the evening she is ready to sleep.

It has been a long and busy day, but she still knows how to handle her appointments and make her time well-managed. Her role with the people surrounds her being a Head of the Health Services Unit in Marinduque State College, a mother and grandmother at home are indeed sacrificing. The fact that when a person truly engaged with so much work, no matter how hard it is, in the end, he would find this quite amazing because for them, it is not important of what

reward they would receive after the time they spent for it, but the most necessary thing was the pleasure they gave to others.