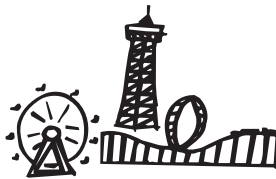


## Four Ways to Spend Your Time

Today, we have more free time than our ancestors did. After working, taking care of ourselves, our families and homes and eating and sleeping the average person has three or four hours of free time each day. Listed below are four ways we can spend our time. Almost all free time activities will fall into one of these categories. People who have successful and fulfilling lives have learned to plan and participate in activities in each of these areas.

### Fun & Play Activities

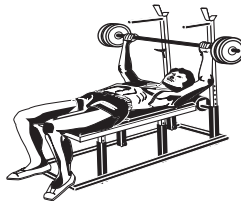
listen to music  
go to a party  
watch TV  
go out to eat  
email friends



go to the movies  
hang out with friends  
play video games  
go to the mall  
text message friends

### Exercise & Physical Activities

team sports  
ride a bike  
swim  
lift weights  
surf



skateboard  
rollerblade or ice skate  
aerobic exercise  
walk/run  
dance

### Learning & Productive Activities

read books  
work on cars  
build models  
draw or paint  
take lessons



plant & care for a garden  
sew or do crafts  
play an instrument  
collect a favorite item  
use Internet for information

### Quiet Time & Reflection

keep a journal  
listen to music  
reflect on each day  
attend church services



watch inspirational shows/movies  
listen to inspirational speakers  
think about personal growth  
spend time in nature