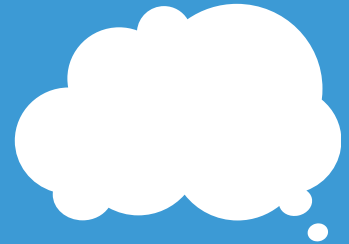


# Time Use

Think about ...

How often do you feel rushed? What time of the day or week is most valuable to you?



Feeling in control of our time is important to our quality of life. Time Use asks us to consider how often we work and whether we have enough time to do the things we love.

Whether it is sleep, creative expression, or spending time with family and friends, feeling like there is enough time can increase your overall well being.

