



How we spend our life

If we assume an average life span of **70 years** it can be quite shocking to realise how those **70 years** go by. The following is an average analysis of the statistical use of time made by Western Europeans and North Americans.

Activity	Total Number of Years
Sleep	25
Work and school	17
Eating	7
Bathroom	1.5
Travel (getting nowhere)	2.5
Dressing	1
Waiting (for ...?)	1.5
Medical 'things' hospitals, Doctors etc	0.5
Options	
Watching TV	6
Visiting others	2
Sundries (hobbies etc)	6
Total	70 Years

Comments –the years of travel getting nowhere represent travel to and from work, *not* travel for pleasure's sake.

Red time v Green time

Red time is time wasted, i.e. time not spent achieving our desires, targets, goals etc.

Green time is well spent, i.e. towards our goals (think about how lying on the sofa staring up at the ceiling can be **green** or **red** time). Your goal is to live totally in **green** time. The trick of living in **green** time is having a plan and a contingency for converting 'red time' to 'green time'. How could you convert the following 'red time' situations to 'green time'?



Two hours commuting each day



Doing the ironing



Doing the shopping



Can you think of others?