

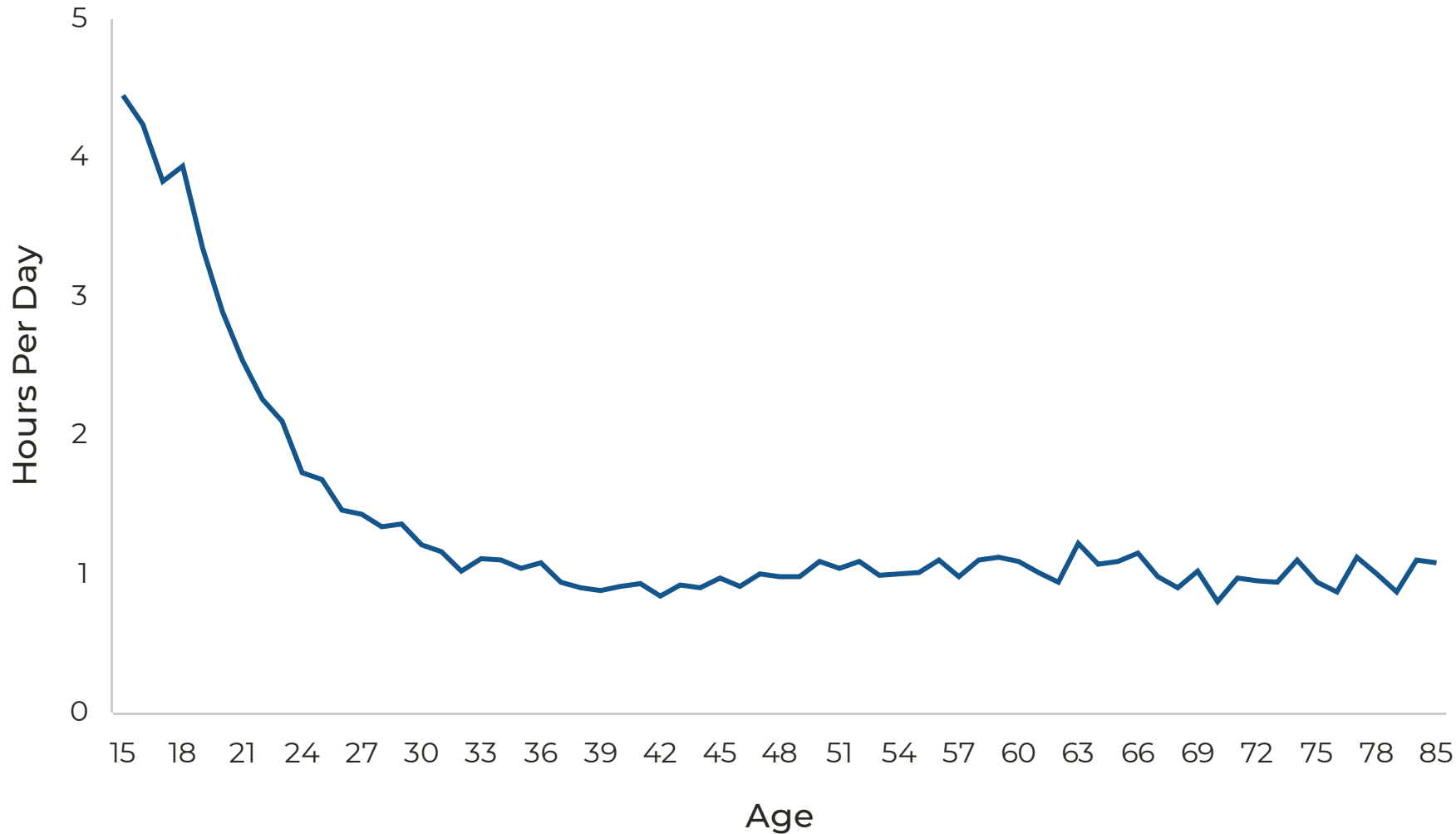


How We Spend Our Time

Source: American Time Use Survey; Our World in Data

Presentation by Sahil Bloom

Time Spent With Family



Source: American Time Use Survey, Our World in Data

Peaks in childhood and declines after age 20

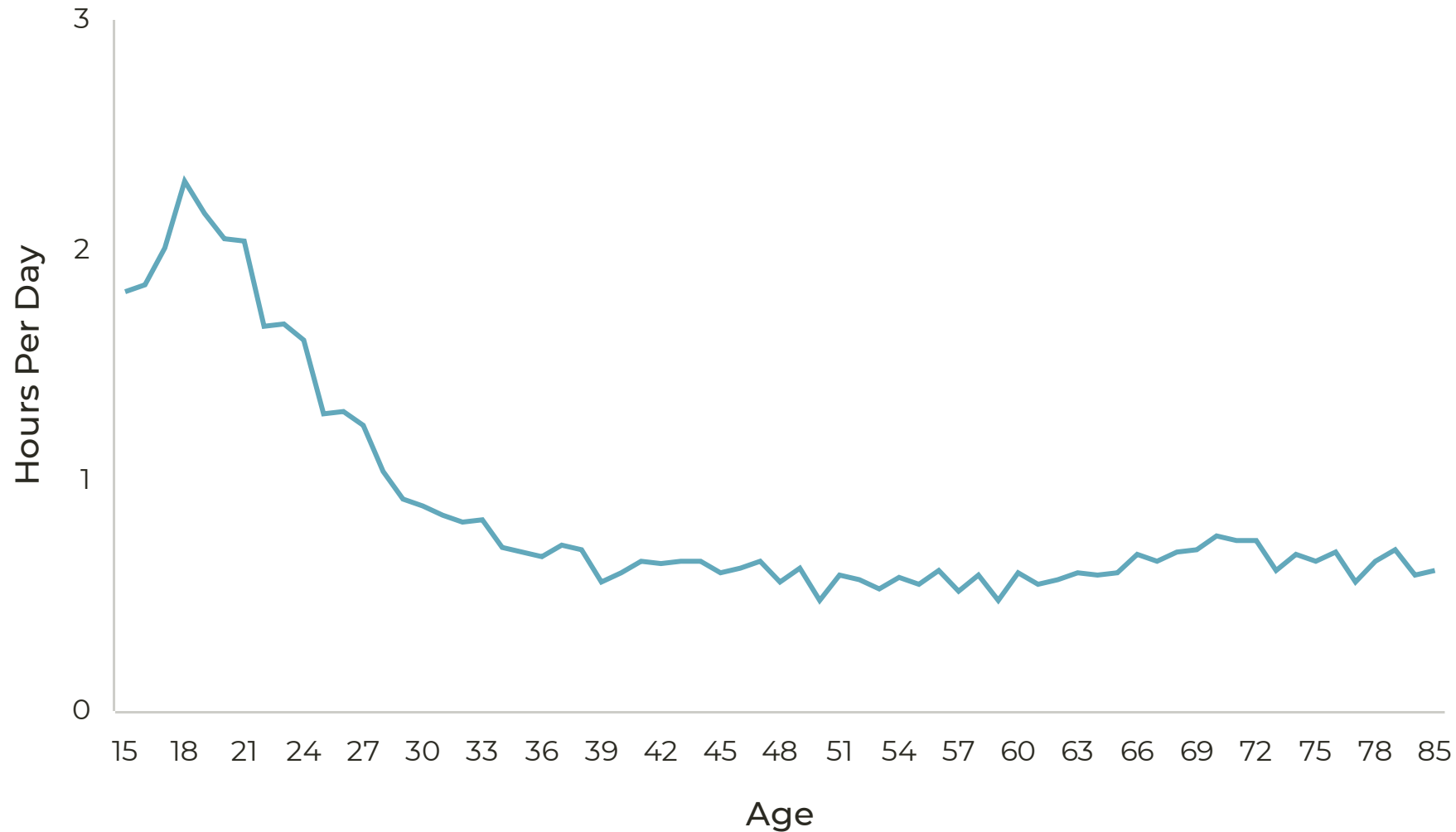
Time with family is limited

Time with parents declines sharply after age 20

You may only see your loved ones a few more times

Prioritize and cherish every moment

Time Spent With Friends



Source: American Time Use Survey, Our World in Data

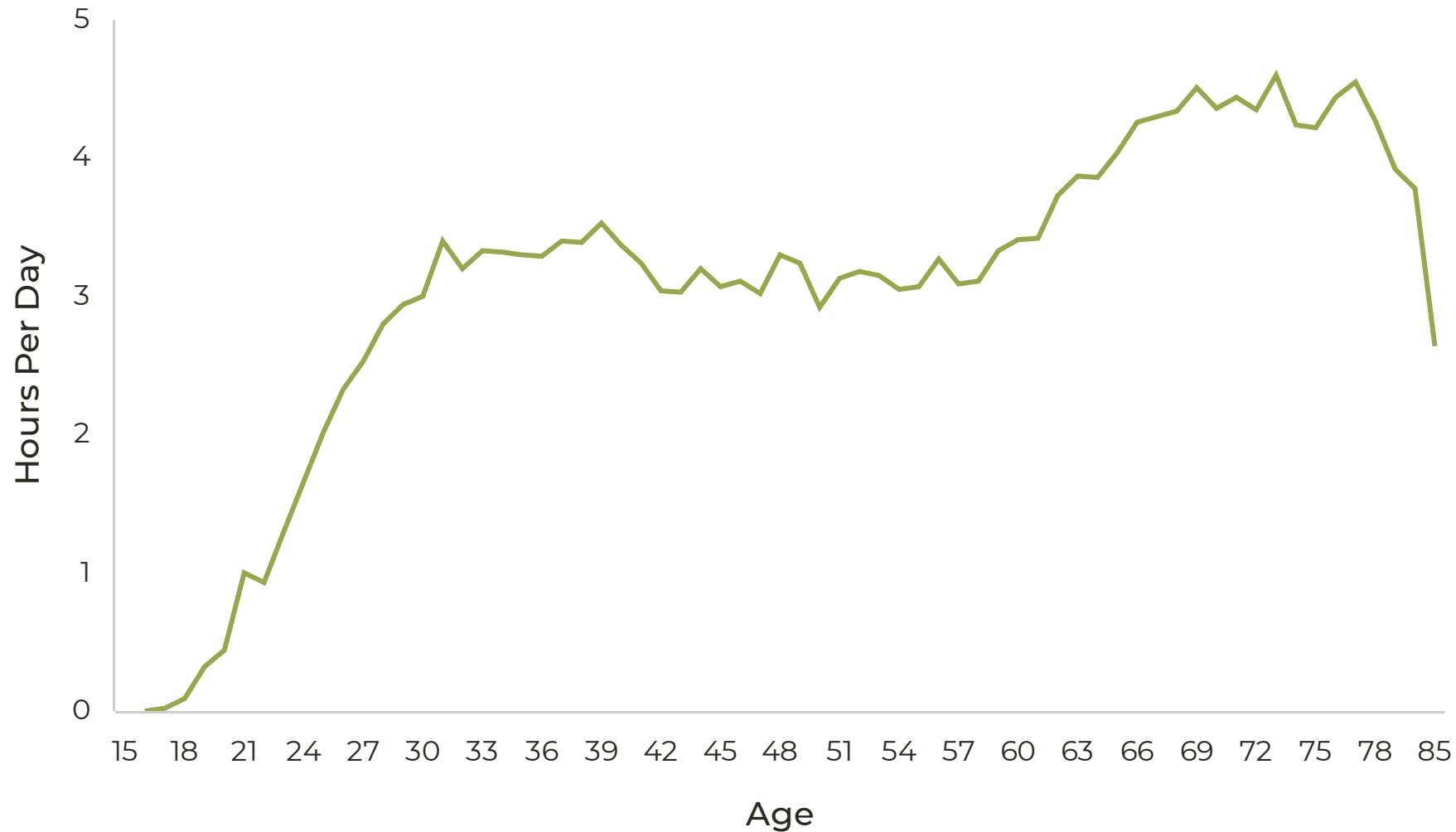
Peaks at age 18 and declines sharply to a low baseline

Embrace friendship breadth, but focus on depth

Cherish those who are with you through good times and bad

Invest your energy in the healthy, meaningful friendships that last

Time Spent With Partner



Source: American Time Use Survey, Our World in Data

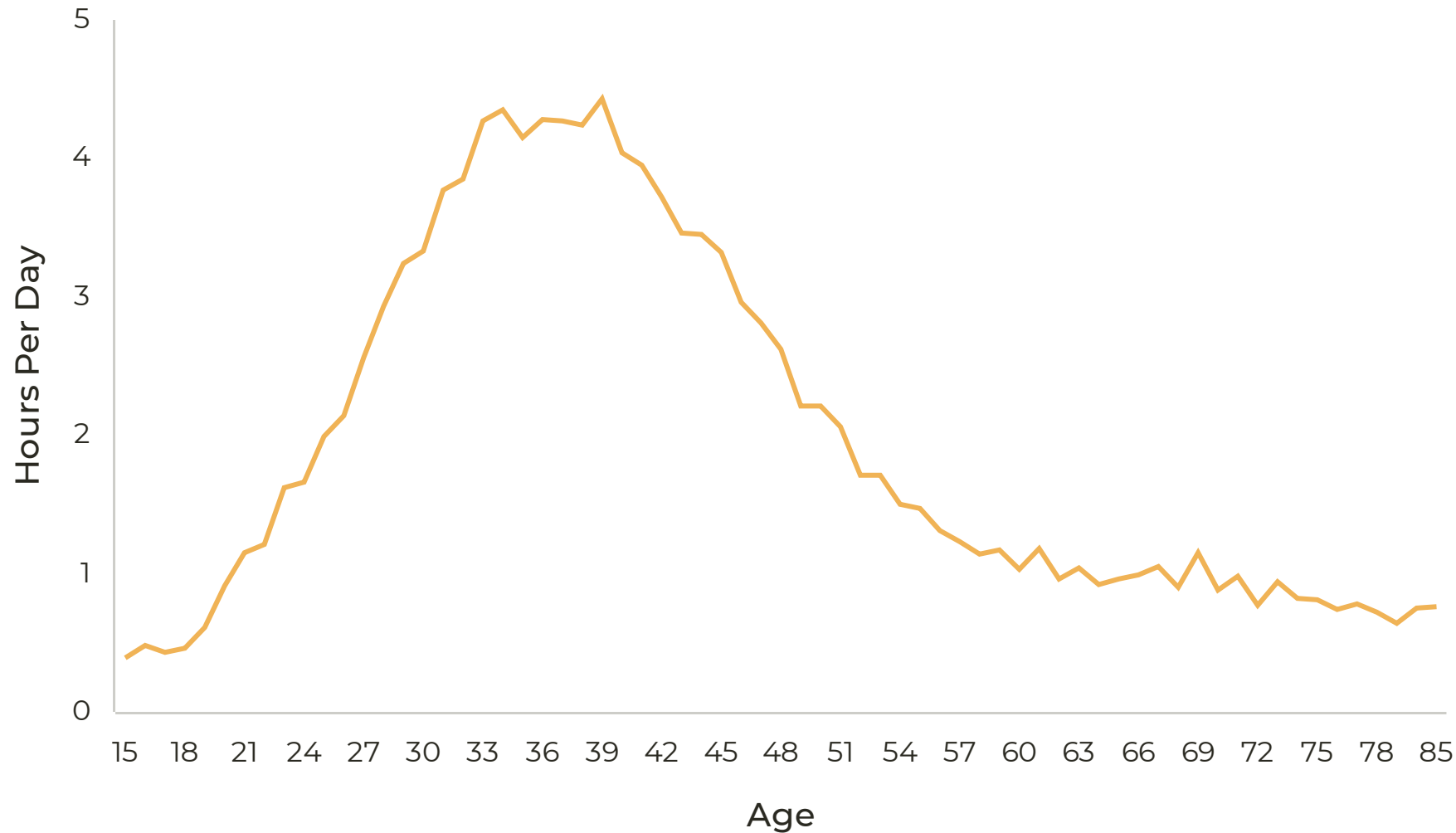
Trends upwards until death

Who you choose as a partner is the most important decision you'll ever make

Find someone you genuinely enjoy spending time with

Never settle for less than love

Time Spent With Children



Source: American Time Use Survey, Our World in Data

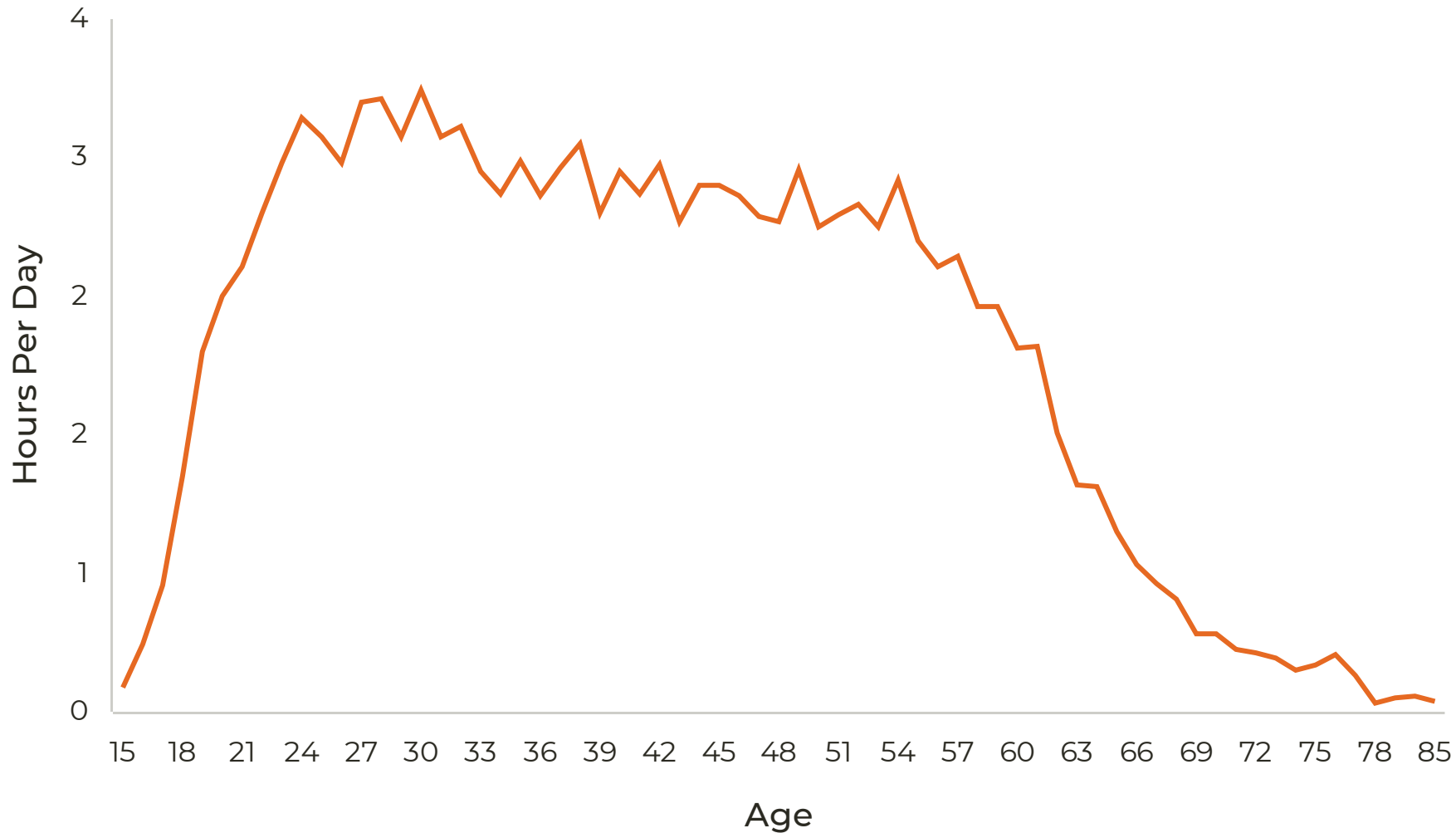
**Peaks in your
30s and
declines sharply
thereafter**

Time with your children is short—the “Magic Years” will fly by if you let them

Be present in every moment

Slow down and embrace the sweetness that children bring to your life

Time Spent With Coworkers



Source: American Time Use Survey, Our World in Data

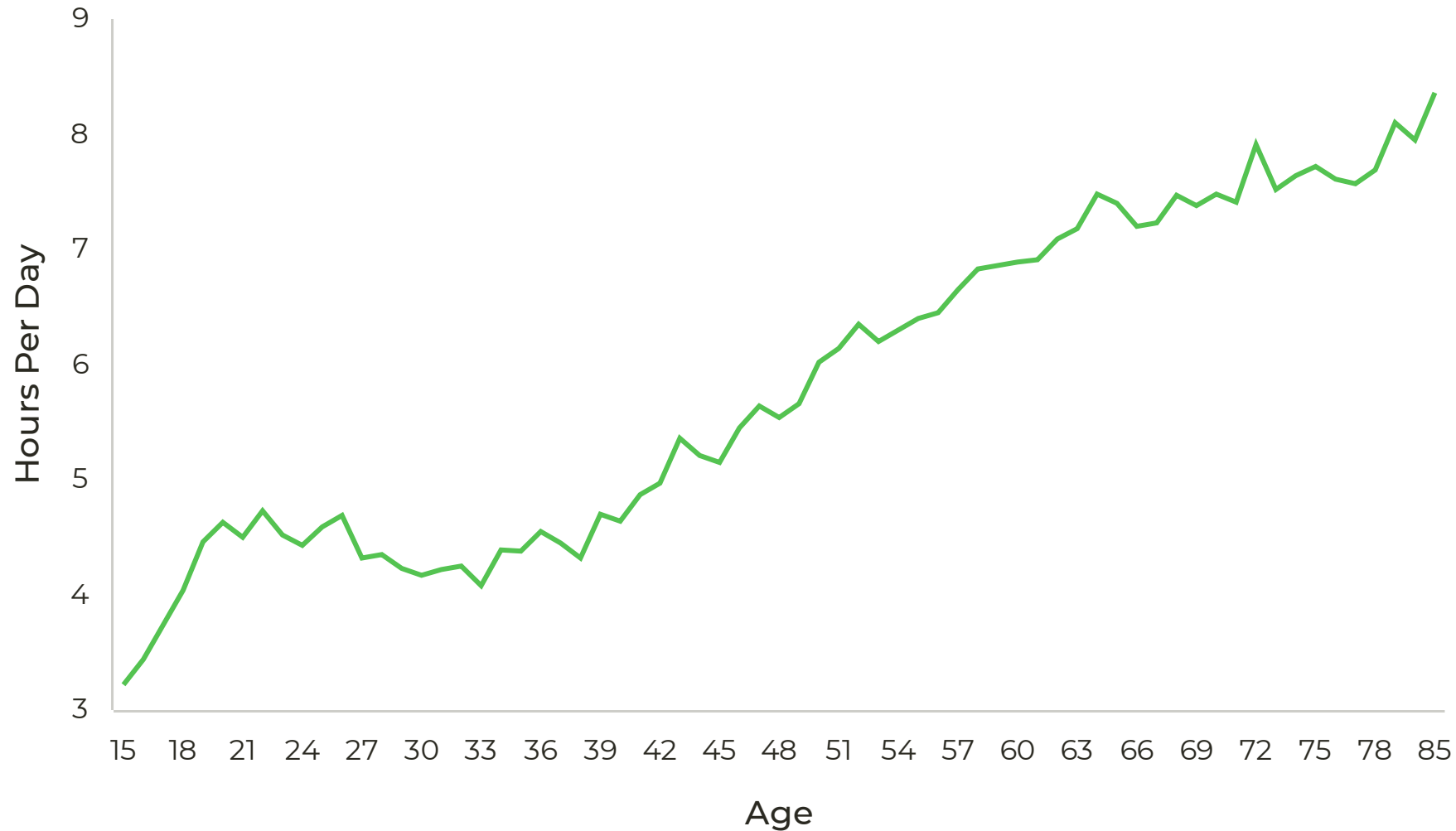
**Steady during
the prime
working years
from age 20-60**

You'll spend a lot of
time at work

Who you choose to
work with is one of
the most important
decisions you'll make

Find work—and
coworkers—that
create energy in your
life

Time Spent Alone



Source: American Time Use Survey, Our World in Data

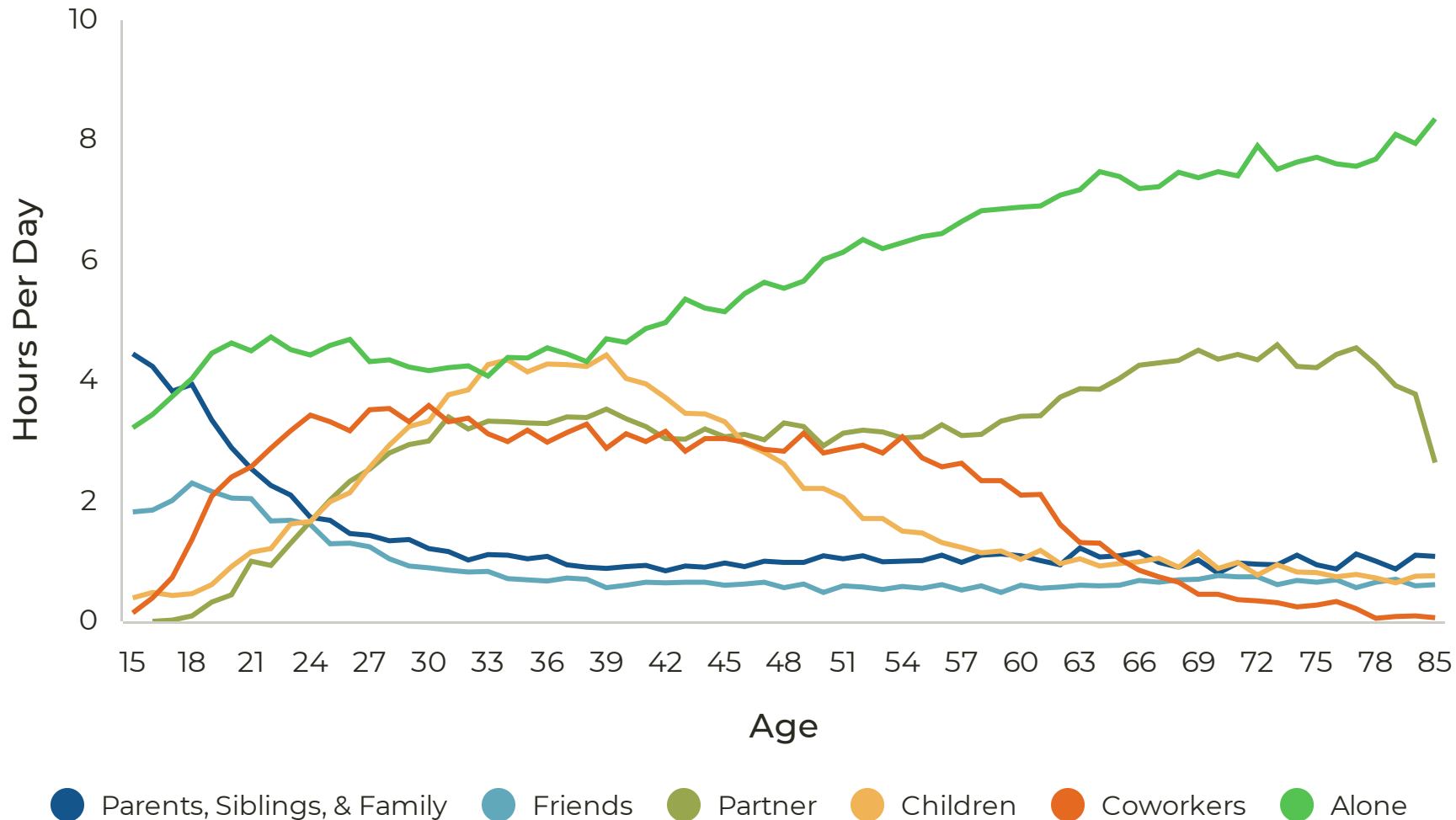
**Steadily
increases
throughout
your life**

Learn to embrace
solitude

Flex your boredom
muscle regularly

Find happiness and
joy in the time you
have to yourself (there
will be a whole lot of it
as you get older)

Time Spent



Source: American Time Use Survey, Our World in Data

In Summary

Family time is limited—cherish it

Friend time is limited—prioritize real ones

Partner time is significant—never settle

Children time is precious—be present

Coworker time is significant—find energy

Alone time is highest—love yourself.

Presentation by Sahil Bloom



The Key Lessons

- ✓ **Time Spent With Family Peaks in Childhood**
Prioritize your family and loved ones while you still can.
- ✓ **Time Spent With Friends Peaks at Age 18 and Declines**
Cherish those friends who are there for you through good times and bad.
- ✓ **Time Spent With Your Partner Trends Upwards to Death**
Who you choose to spend your life with is the most important decision you'll make.
- ✓ **Time Spent With Children Peaks in Your 30s**
Embrace the “Magic Years” and be present in every moment.
- ✓ **Time Spent With Coworkers is Steady from Age 20-60**
Make sure you are working with people you love. Never settle.
- ✓ **Time Spent Alone Steadily Increases Throughout Life**
Embrace solitude and learn to flex your boredom muscle regularly.