

the majority of your time now since that's where life actually happens.

7 BE CREATIVE

Creativity is something uniquely human. At least to our current knowledge. So why not embrace this gift to the fullest?

Being creative is like food to our soul. It reduces our stress, boosts our happiness and inspire us.

Even if you think that you are not creative assure you there is at least one creative activity out there that you would enjoy doing!

Just try a few different thing. It will not waste your time.

8 DO WHAT YOU LOVE

"Time you enjoy wasting is not wasted Time" -Marthe Trolly Curtin-
Of course, you should also spend time doing what you love even though it will not benefit you in any other way. Joy, in itself, can be reason enough to take some time.

Still, you should be careful. Ask yourself, do I really enjoy watching TV every evening?

Alternatively, am I just doing it because I can turn off my mind and want to be lazy? There is a big difference between merely liking to do something because it is comfortable and genuinely enjoying an activity. The former only steals the time you could invest in the latter.

9 GRATEFULNESS

Lastly, something truly worth spending time on is gratefulness. You only need to spend a few minutes occasionally to mentally or physically list a few things in your day or in your life that you are grateful for.

Those few minutes have the power to light up your whole day. Gratefulness is one of the easiest and quickest sources of happiness. So spend some time on gratitude. It is definitely worth it!

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SIMPLE TO WAYS

Use Your Time
Wisely

SIMPLE WAYS TO USE YOUR TIME WISELY

1 EXERCISE

Exercise is any bodily activity that enhance or maintains physical fitness and overall health and wellness. It is performed for various reasons, to aid growth and improve strength, prevent aging, develop muscles and the cardiovascular system, weight loss or maintenance, improve health, enjoyment.

Many individuals choose to exercise outdoors where they can congregate in groups, socialize, and improve well as well as mental health.

Exercise is not only essential to living a longer life but even more to live a better life. Fit people are often happier in life than overweight people are.

2 EDUCATE YOURSELF

Education holds the keys to an extraordinary life.

With every new information or skill you

learn, a new door full of opportunities opens for you. I am not speaking just about the education schools and universities provides you. More important than that is real life education.

Start learning how money, investing, and taxes work. Inform yourself about mental health practices, or how to study effectively. There is an infinite amount of knowledge out there waiting for you to discover it. Every course you go through, informational YouTube video you watch or book you read has the potential to change your life! Therefore they all definitely change your life!

3 SPEND TIME WITH LOVED ONES

This one is immensely important. I dare say you could fulfill all of the others and still be unhappy in life if you do not spend time with your loved ones. We humans are social creatures. We crave connections to other humans. Therefore, you should always think if your job is worth neglecting your family

and friends.

Money is easily made. Developing deep love and trust with others, on the other hand, takes months or years.

Set your priorities straight. Especially your parents and grandparents will not be there forever, and your friends deserve someone who wants to invest his time in them.

4 HELPING OTHERS

We, humans, have an altruistic streak. Whether you care for the people you are helping or not, helping others will give you a sense of satisfaction and pride.

Helping others can be done in multiple ways. Volunteer, donate clothes, tutor children, pick your sibling up from school or take care of some of your parent's chores. However little the actions you perform, it will definitely be worth your time and effort, because not only do you help others, you also make yourself happier.

5 SELFCARE

More important than helping others is helping yourself first. If you do not take care of yourself, you will not be able to help others to the biggest extent possible. In general, will not be able to enjoy life to the fullest.

Another thing to consider is your loved ones. By not taking care of yourself, physically or mentally, you make them worry about you.

6 PLAN YOUR FUTURE

You should always have a vision of where you want to go. Otherwise, you might never be able to create that extraordinary life of your dreams. Planning your future can take quite sometime; however, it is necessary for you to become clear about how you need to spend your time to reach your goals. With no clear destination in mind, you might be running around in circles when you already could have reached your destinations weeks ago. Nevertheless, be careful to not live in the future too much! You should spend