



Your Daily Practice

Episode 46

Making The Best Use Of Your Time With Dr. Cassie Holmes

How can you use your time in ways that will lead you to feel happier and more fulfilled? How do you stop rushing through life and start living it? In this Episode, Diana talks with Dr. Cassie Holmes about how you can expand your time and focus on what matters most with the time that you have. We explore three practices that will help you take perspective on time, and use it more wisely.

Practices to try this week:

1. Count “How Many Times”

- Choose a joyful activity you engage in like walking your dog or watching a favorite show with your family.
- Count how many times you have done this activity thus far and how many times you expect to do it in a lifetime.
- Divide how many times you have left, by the total number of times. This is your “percent left” of joy.
- Savor the limited resource!

2. Make Your Time More Meaningful

- Spend a week tracking your time in 30 min intervals and find activities that have the highest and lowest ratings
- Choose a task with low ratings (e.g., household chores or commuting)
- Make it more meaningful by bundling it with a valued activity. For example, listen to a book, call a good friend, or add some physical activity to it.
- Freshen up the stale parts of your day by bringing your values to them!

3. Interview an elder with these three questions

- Looking back on your life, what are your greatest sources of pride?
- Looking back on your life, what are your greatest sources of regret?
- What's turned out to matter more than you expected?