FINDING WORTHWHILE ALTERNATIVES

# Time-Fill Ladder

A short list of things to do with 5, 15 or 60 free minutes, decided ahead of time.

STEP 1 · START HERE

**Decide now what you'll do with 5, 15 and 60 free minutes.**

Boredom is when the phone wins. Decide now what you'll do with free time, so you don't have to decide when you're tired.

## 5 minutes

- Step outside and look at something far away.
- Write three things you're grateful for.
- Text one person a real question, then put the phone down.

## 15 minutes

- Walk around the block, no headphones.
- Tidy one drawer or counter.
- Read one chapter of a book.

## 60 minutes

- Cook something from scratch.
- Work on a project you've put off.
- Go to a park or trail with someone.

## Make it yours

Cross out anything that doesn't fit your life and write your own next to it. If you forget the ladder, the default is a short walk.

Undivided · myundividedapp.com · Free to print and share for personal, non-commercial use.