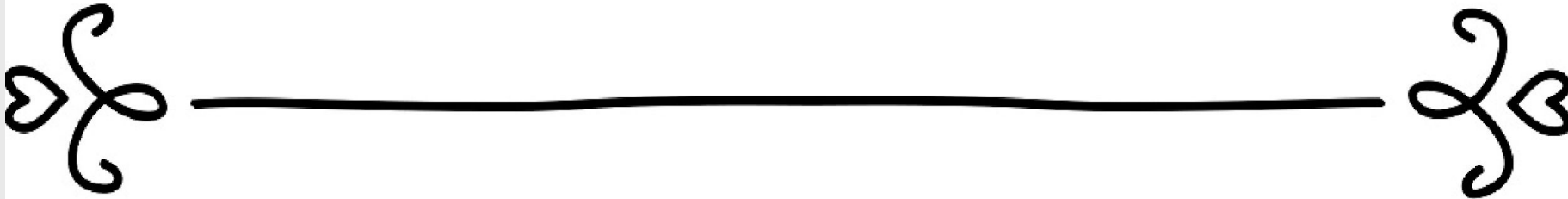


HOW DO WE SPEND THE TIME THAT WE HAVE IN OUR LIFE?





we live 78 years



4 years
eating and drinking

6 years
doing chores

9 years
TV, Video Games,
Social Networks

3.5 years
education

10.5 years
working

2.5 years
grooming

HOW MUCH

2.5 years
shopping

TIME

1.5 years
child care

1.3 years
commuting

WE HAVE?

9 years
left

28.3 years
(1/3 of life)
sleeping

How
will you
spend it?

by Anna Vital



COMPARING THAT TO COMMON DAILY ACTIVITIES

WATCHING TV (7 YEARS, 8 MONTHS)



SOCIAL MEDIA (5 YEARS, 4 MONTHS)



EATING/DRINKING (3 YEARS, 5 MONTHS)



GROOMING (1 YEAR, 10 MONTHS)

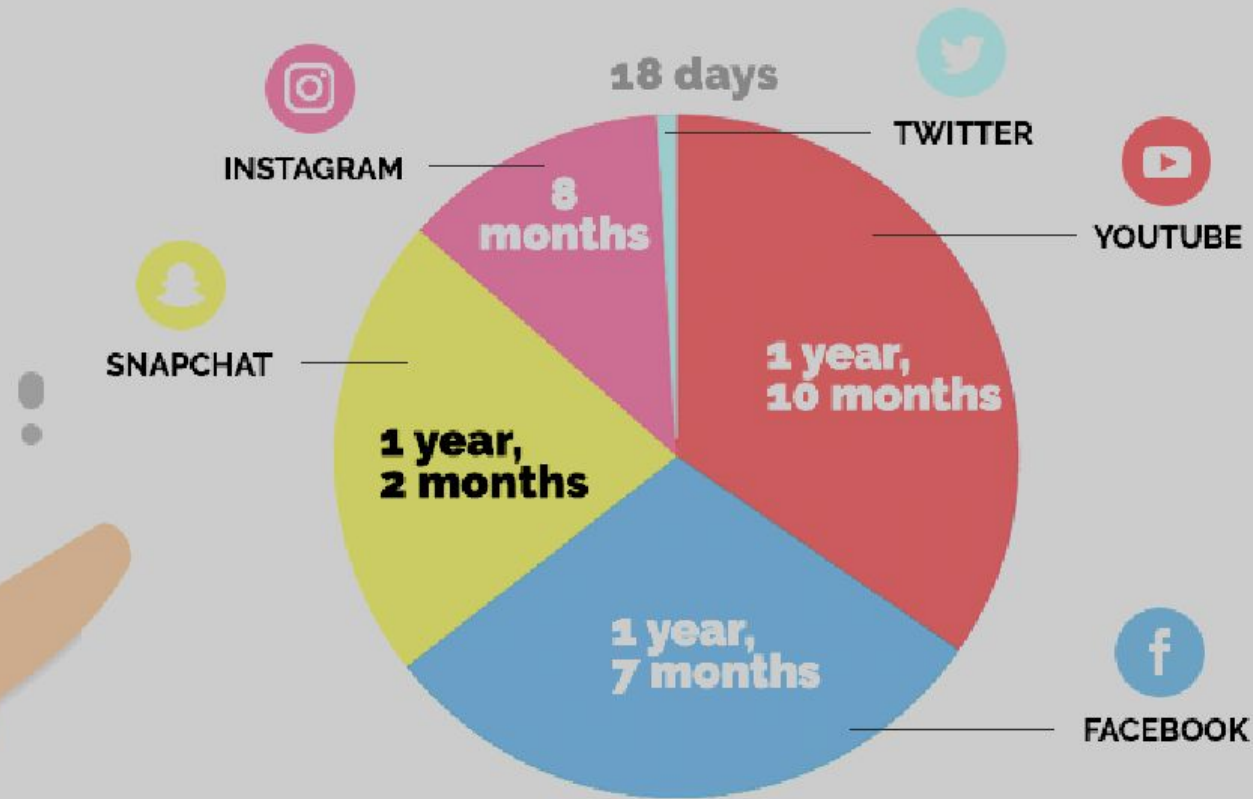


SOCIALIZING (1 YEAR, 3 MONTHS)



DOING LAUNDRY (6 MONTHS)

TIME SPENT ON SOCIAL IN A LIFETIME



= 5 YEARS, 4 MONTHS ON SOCIAL MEDIA

WHAT CAN YOU DO IN 5 YEARS & 4 MONTHS?

FLY



TO THE MOON AND BACK
32 TIMES

WALK



THE GREAT WALL OF CHINA
3.5 TIMES

WATCH



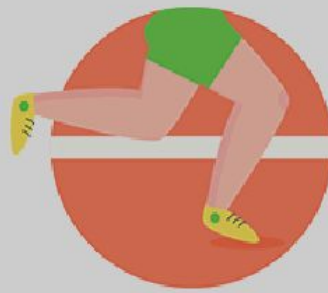
THE SIMPSONS SERIES
215 TIMES

CLIMB



MT. EVEREST
32 TIMES

RUN



10K+
MARATHONS

WALK



YOUR DOG
93K TIMES

we live 78 years



4 years
eating and drinking

6 years
doing chores

9 years
TV, Video Games,
Social Networks



3.5 years
education

2.5 years
grooming

2.5 years
shopping

1.5 years
child care

1.3 years
commuting

10.5 years
working



HOW MUCH TIME WE HAVE?

by Anna Vital

9 years
left

**How
will you
spend it?**

28.3 years
(1/3 of life)
sleeping



*Time is
Precious*

Waste it Wisely