

# Spend Your Free Time Usefully

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**Availability of free time is a gift and spending the same is a boon. Some of the ways suggested are:**

**1. Read :** Have a reading list can help keep you to abreast your knowledge of your industry, other industries, or just life in general. You should have a book that you are interested and keep another book ready that you plan to read next.

**2. Rejuvenate your academia/ personal education :** Maybe there is a course or subject you are always interested in but never got to take. Maybe your interests would have changed since you were in school. There are many ways to keep you sharp on just about any subject you are interested in.

**3. Learn a new language :** You want to become fluent and wanted to fluently speak a second language. While it may be true that you can never truly learn a language without being fully immersed in it, these resources come pretty close. They may even inspire you to travel to a Country that speaks one of these languages natively.

**4. Unfinished tasks around the house :** Whether you own or rent, there is always some unfinished tasks you have been procrastinating, even if it's something as simple as laundry or cleaning. You aren't thrilled to do it, but think of how accomplished you'll feel when you cross that item off of your list!

**Suggested works:** ✓ Clean your house or apartment; ✓ Throw away old stuff

✓ Re-organize a room ✓ Re-paint a room ✓ Start a vegetable or flower garden

✓ Plug in do you it yourself home improvement project here

**5. Involve in a brain game :** There are lots of free or paid apps available for you to engage yourself. They can help keep your mind sharp and may even improve your cognitive abilities. Think of it like exercise for your brain. Rather than mindlessly browsing through your face book or twitter feeds, maybe you should consider keeping your mind in shape.

**6. Meditation and Affirmations :** Meditating is a great way to relax, escape stress, build better energy, or even improve your focus. Affirmations are simple, memorable, over-the-top statements that you read and/or listen to multiple times per day. Either of them can help you overcome a negative trait, habit, or self-image.

**7. Volunteering :** Volunteering for a common activity/cause can give you a sense of purpose and meaning in life. It can help you realize potential you never had and will also bring you closer to those who could use your help.

**8. Exercise :** Exercising relieves stress, helps you sleep better, helps you look and feel better, and, of course, keeps you healthier. This is pretty productive for your body. If you can find something that you enjoy doing while you exercise, even better.

**9. Enjoy educational entertainment :** If you want to be entertained, why not make it educational? It might be more productive to hear someone intelligent and experienced teach you something.

**10 Prepare a list and start accomplishing :** It's a good idea to have a list of things you want to do before you become immobile to do anything. This is a productive way to have little regret on your last part of life time. Track and achieve your own bucket list.

**11. Relaxing :** Sometimes it's actually worth it from a productivity perspective to lay around without any plans or concerns forgetting about your stresses for a little while. Relax and recharge your batteries. Sleep in. Watch movies. Hang out. Whatever you need to return to work with renewed vigour. This renewed vigour is the key though, otherwise you are just laying around, which of course can't be very productive.

**12. Family time :** If you have kids or a family, there is nothing more important or valuable as family time. The time you have to spend with your family is an hour glass that is running out. Missing out on these activities carries the most regret as anything on this list.

