# The Psychology of "the Time You Have"
(In Jelly Beans)

(https://www.youtube.com/watch?v=BOksW_NabEk)

1. How many days do you think the average American lives for?

2. Here is a list of things that the average American does in their lifetime.
   Discuss which one you think they do the most and least with a partner?
   - A. going to community activities
   - B. sleeping
   - C. eating, drinking & preparing food
   - D. caring for the needs and well-being of others
   - E. learning a new skill
   - F. watching television (in one form or another)
   - G. doing bathroom related activities
   - H. doing household activities
   - I. working
   - J. commuting & travelling

3. In the circle below, make a pie-chart with 10 sections. Each section should represent how long you think the average American spends doing the activities in exercise 2 during a lifetime. Write the corresponding letter in each segment.
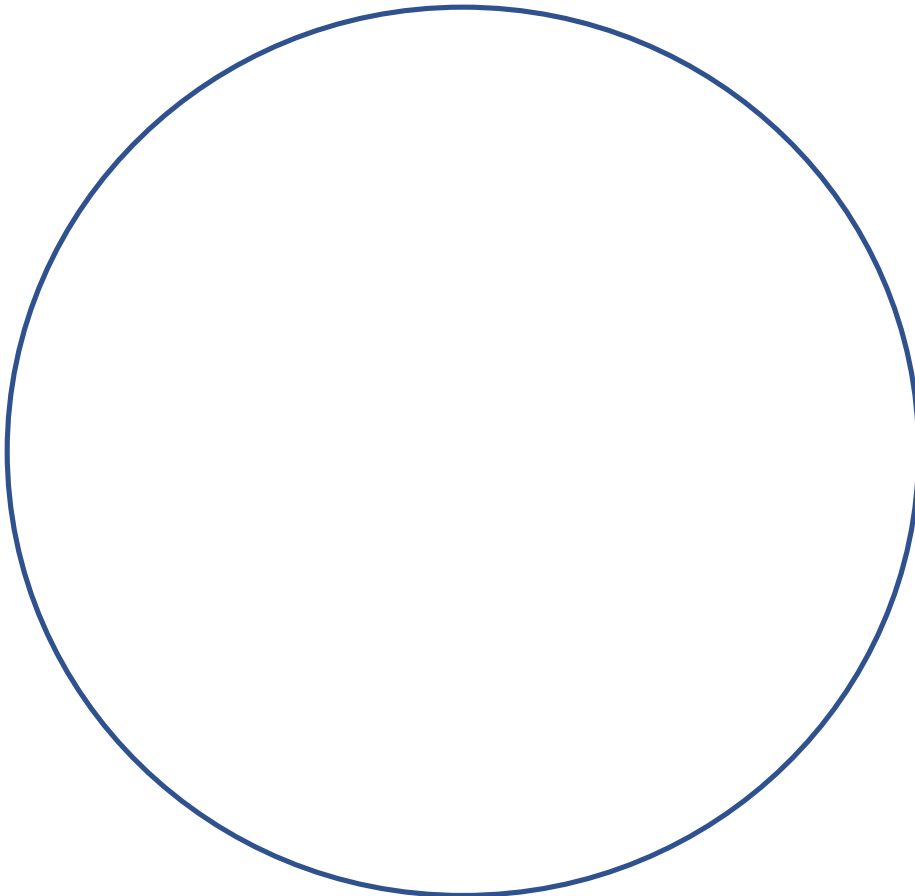
4) Now watch the video. Why do you think the creator chose to use jelly beans?

5) Listen to the video again and complete the gaps:

    a. Your first fifteen years consist of _____ days.

    b. We will spend _____ days eating, drinking or preparing food.

    c. Commuting or travelling from one place to another will take up _____. Maybe a little bit more if you live in L.A.

    d. _____ days will be spent on household chores.

    e. Community activities will take up _____ days.

    f. How much of it do you think you've already used up? _____
       If you only had half of it, what would you do differently?

7) Compare the information from the video with your own ideas in your pie-chart. Are they similar? Did anything surprise you?

8) How much time have you already spent worrying instead of doing something that you love?

    b) What prevents you from doing things you love?

9) What impact does looking at your life with finite number of days have on you and how you might live your life?

10) If you had a limitless supply of money what would you do with your life? How would you live your life?

    b) Would you live your life differently than you are planning to now? Why?