

There are 168 hours in a week. Let's say you work 40 hours per week, and you get the recommended 8 hours of sleep per night which equates to 56 hours total and if we add that to your 40 hours of work, that leaves you with 72 hours of personal time. That means that you only spend 4 out of your 7 days working and sleeping. How you spend those remaining 3 days will come to reflect how you see yourself in this life. You can choose distraction, or you can choose participation. You can choose apathy, or you can choose empathy. You can choose love, or you can choose hate. You can choose fear, or you can choose adventure. You can choose to teach, or you can choose to learn. You can choose to survive, or you can choose to thrive. No matter what you choose, the power is in your hands. The choice is yours.