

THE GIFT OF TIME

Time Registry

What we really want most in the world this holiday season isn't more stuff or the reminder of self-care; it's the incomparable gift of time to do with what we please. To breathe. To catch up. To lay down like a starfish on your bed and just be. Anything we want.

Check the boxes on what's relevant to you, fill in your own ideas, and send to your loved ones.

~1 hour back

- Research non pharmaceutical sleep-aids for my aging parents
- Take my dog on a walk
- Buy gift cards and greeting cards for my kids' teachers
- Check out large print mysteries from the library for my aging parents
- Research a pediatric dentist near my new house
- Instacart, Task Rabbit, DoorDash, or Lyft/Uber gift card
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

~2 hours back

- Do a Costco run
- Cook dinner and drop it off by 6pm
- Run errands for me
- Follow up on three health insurance claims that I think might be bogus
- _____
- _____
- _____
- _____

~3 hours back

- Do my aging parents laundry
- Shovel snow for my older adult
- Take my kids out to a playground or museum on a Saturday
- _____
- _____

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Fill out ideas for activities or tasks you could use help with to get back 1, 2, or 3 hours of time back and send to your loved ones. (e.g. running errands, taking care of meals, or getting someone to spend time with your kids or aging parents so you can get a break)

1 hour back

- _____

- _____

- _____

- _____

- _____

- _____

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- _____

- _____

- _____

- _____

2 hours back

- _____

- _____

- _____

- _____

- _____

3 hours back

- _____

- _____

- _____

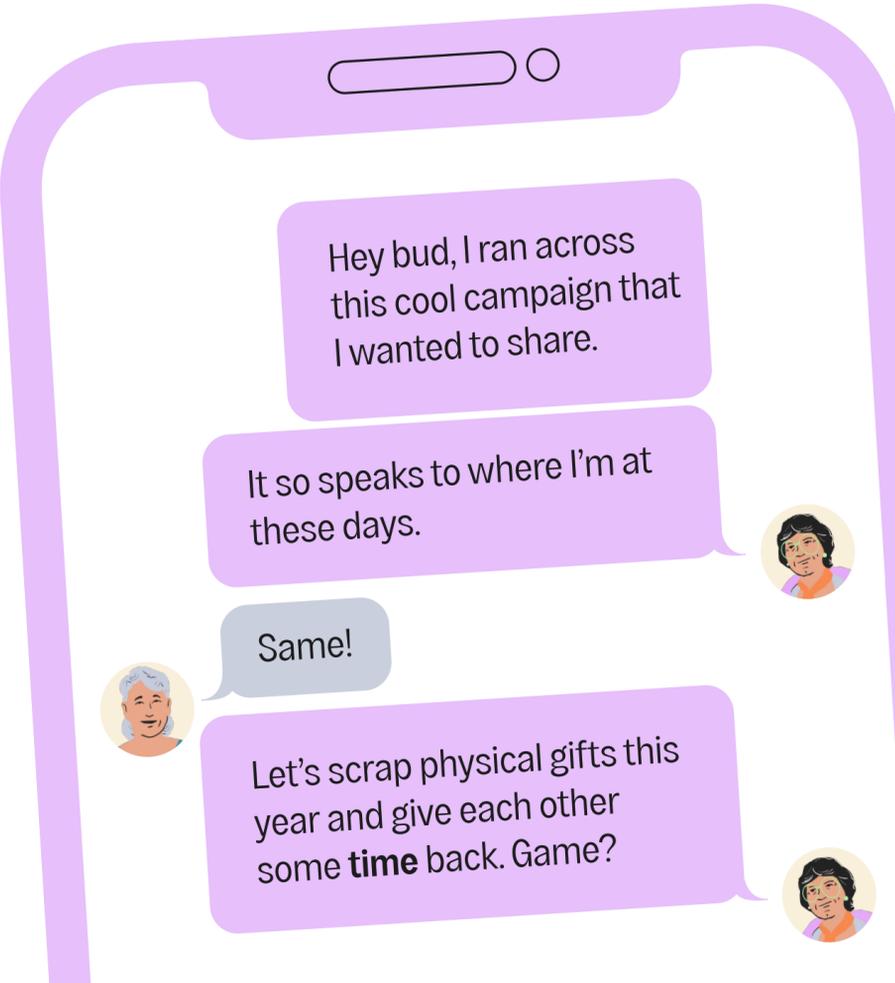
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- _____

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Asking for Time

We know it's hard to ask, but don't be afraid to start the conversation. You'll be modeling something important for the loved ones in your life, and increasing the chances that you get something that really delights and feeds you this holiday season. **Here are some ideas of how to kick it off...**

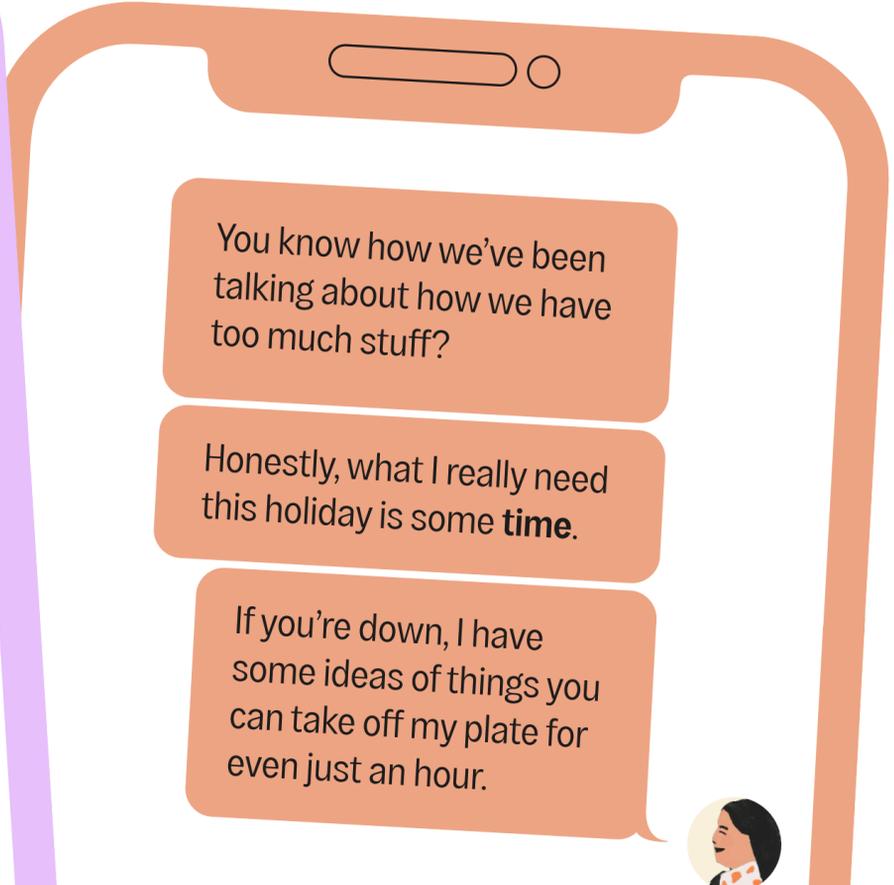


Hey bud, I ran across this cool campaign that I wanted to share.

It so speaks to where I'm at these days.

Same!

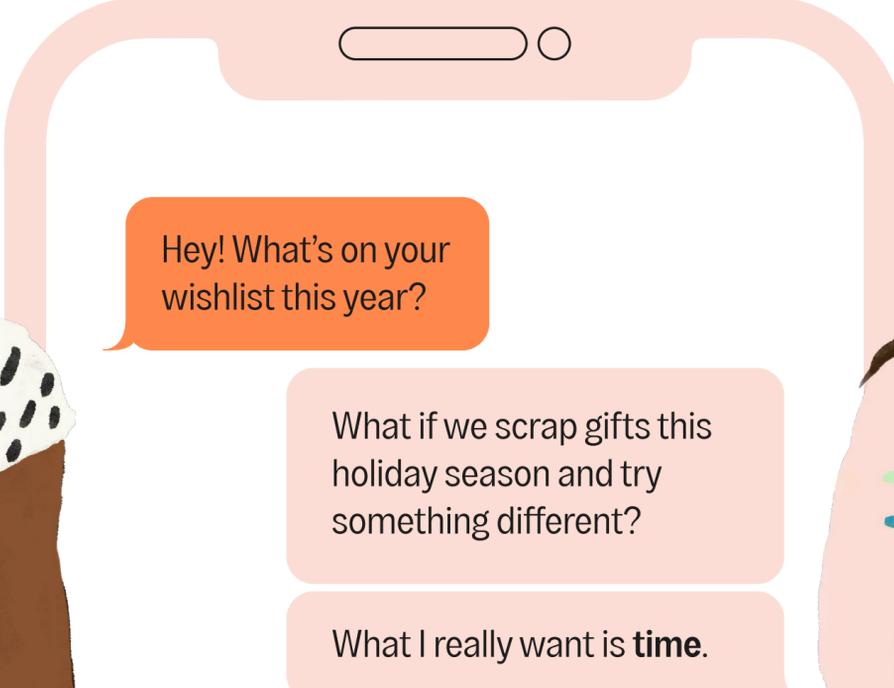
Let's scrap physical gifts this year and give each other some **time** back. Game?



You know how we've been talking about how we have too much stuff?

Honestly, what I really need this holiday is some **time**.

If you're down, I have some ideas of things you can take off my plate for even just an hour.



Hey! What's on your wishlist this year?

What if we scrap gifts this holiday season and try something different?

What I really want is **time**.

