World Experience Organization

JAMES WALLMAN

Bestselling author of *Stuffocation*

TIME AND HOW TO SPEND IT

THE 7 RULES FOR RICHER, HAPPIER DAYS

TIME & HOW TO SPEND IT CHECKLIST

- [ ] STORY
- [ ] TRANSFORMATION
- [ ] OUTSIDE & OFFLINE
- [ ] RELATIONSHIPS
- [ ] INTENSITY
- [ ] EXTRAORDINARY
- [ ] STATUS & SIGNIFICANCE

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‘The popular assumption is that no skills are involved
in enjoying free time, and that anybody can do it.
Yet the evidence suggests the opposite:
free time is more difficult to enjoy than work.
… leisure … does not improve the quality of life
unless one knows how to use it effectively, and
it is by no means something one learns automatically.’

Mihaly Csikszentmihalyi

PIMM'S
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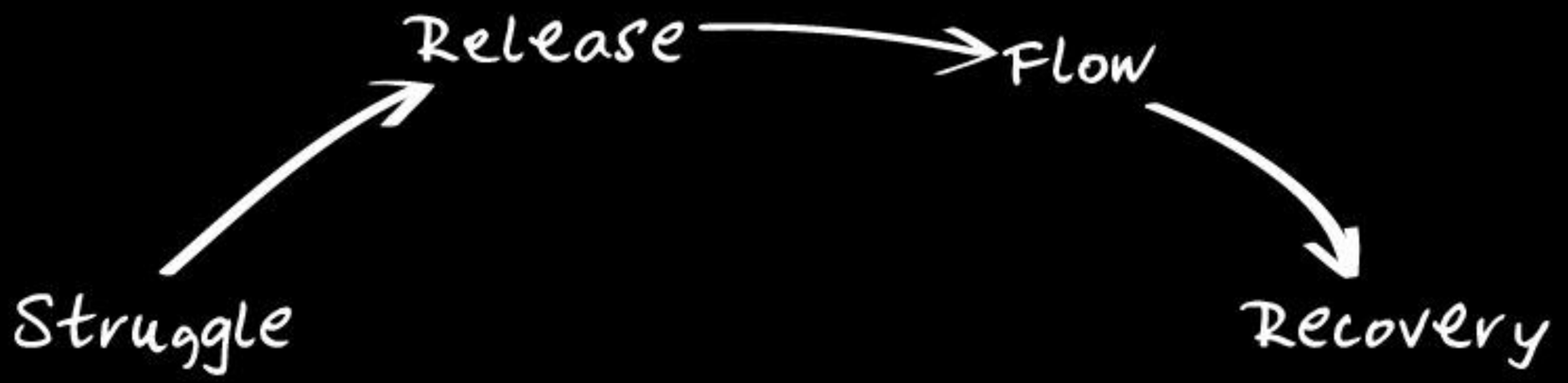
The DARG FUNC checklist...

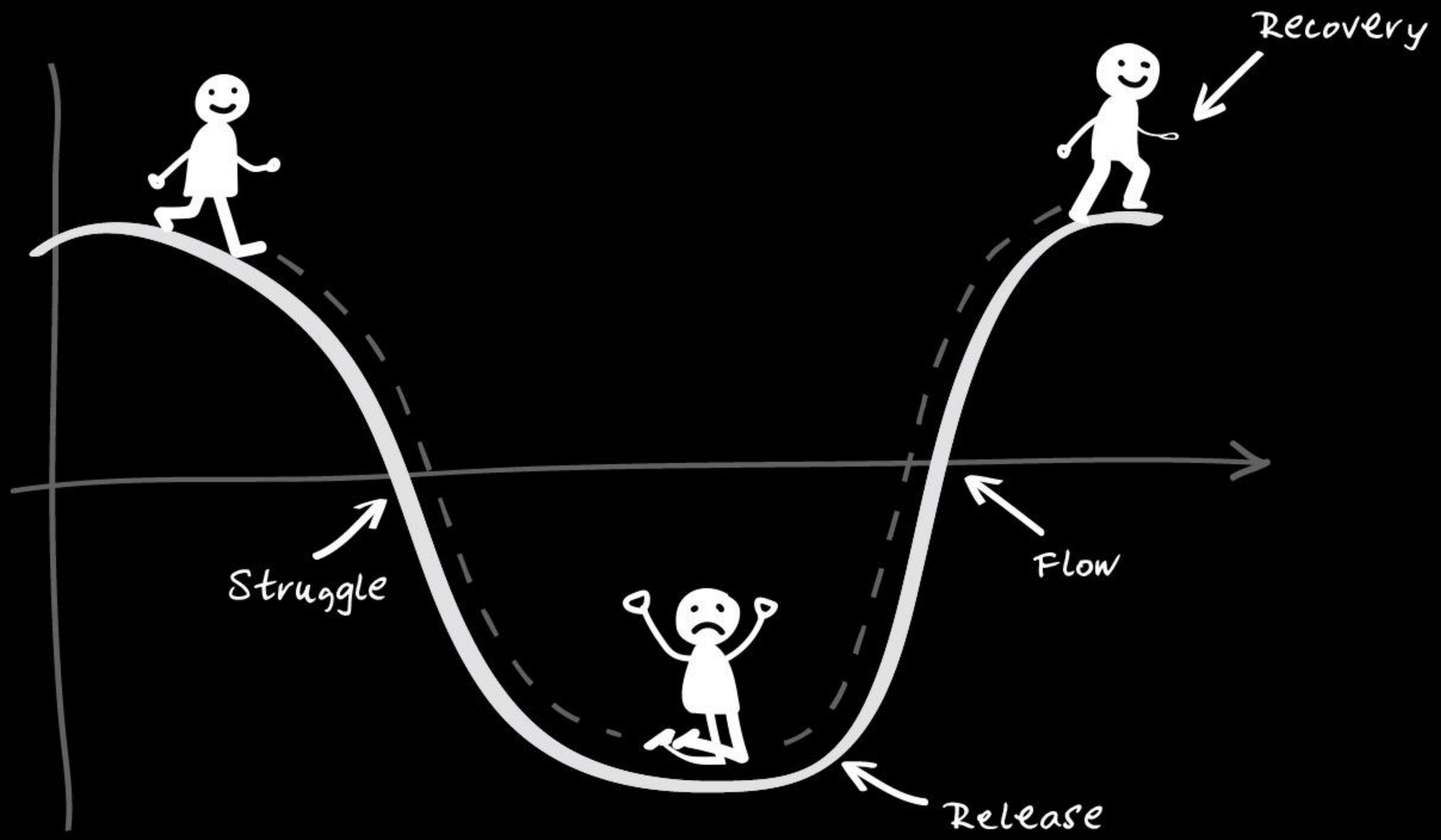
KOTLER’s FIVE ON-RAMPS

1. Action sports
2. Creative pursuits
3. Suffering
4. Doing for others
5. Video games

Benson's Model: The neuroscience of flow



Flow: neuroscience and the hero's journey



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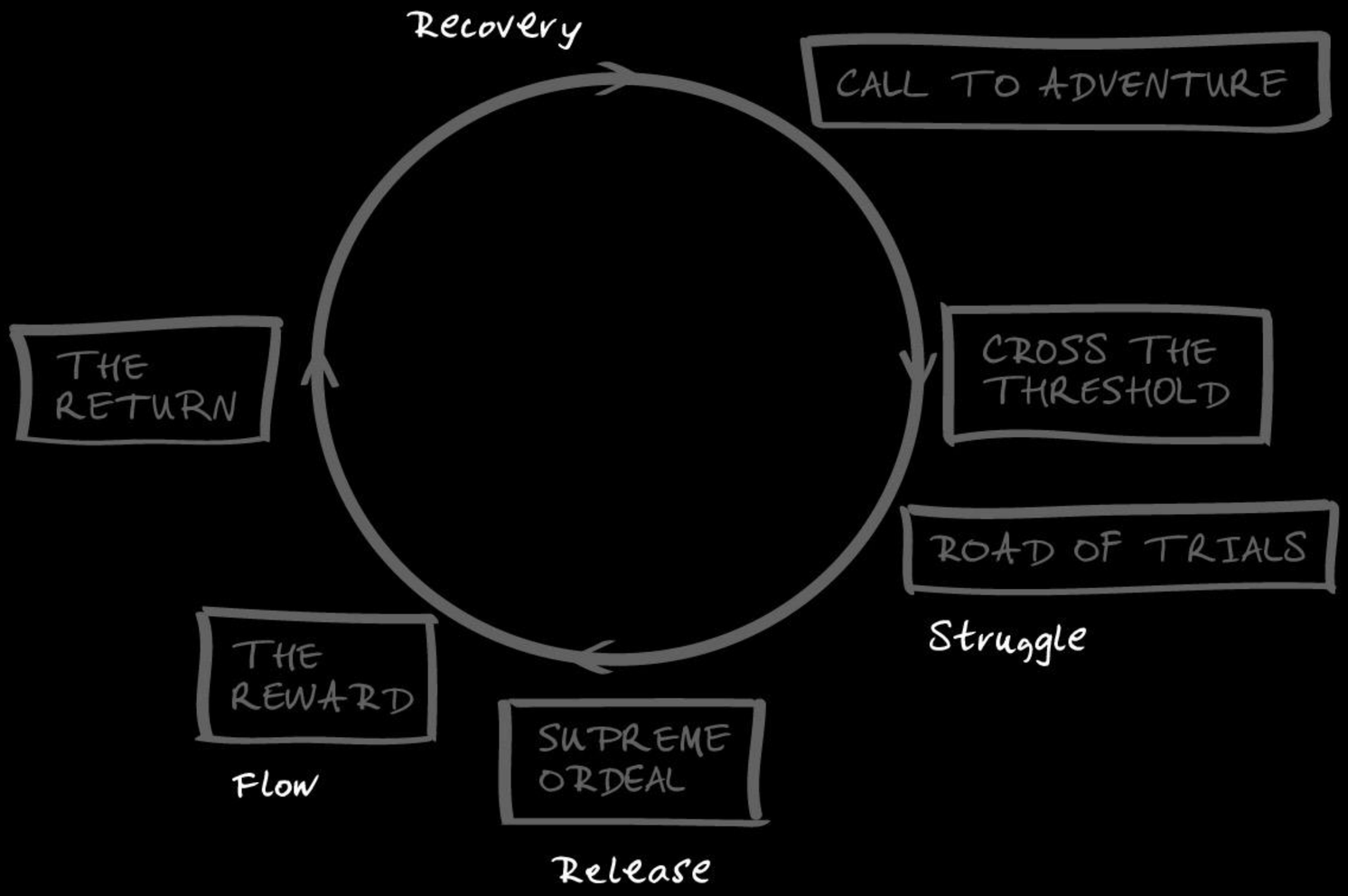
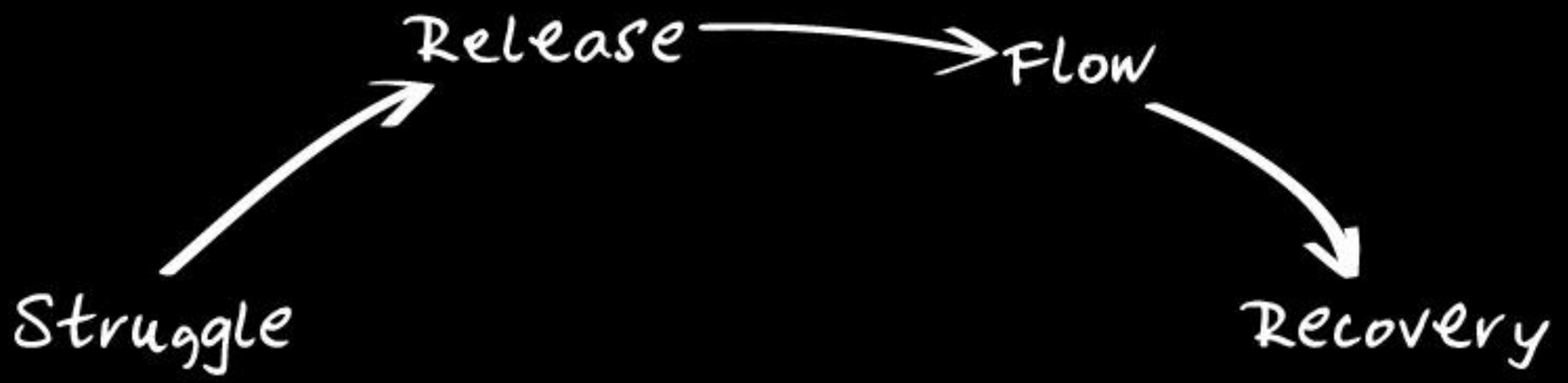
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