



Make Time for What Matters

If your days feel rushed from start to finish or you're regularly overwhelmed at the thought of cooking dinner, you're in good company. Life is full, and too many of us end up putting ourselves at the bottom of the list. But something so simple and universal – how we choose to spend our time – shapes how we feel, how we eat, and how we show up for the things that matter.

A simple place to start is to take a clear look at where your time actually goes.

Think about a typical weekday. Work might take up the biggest chunk, but all the small pockets of time in between matter too.

You might notice big chunks of time going to things like:

- Work or school
- Commuting
- Sleeping or napping
- Eating, cooking, prepping, and grocery shopping
- Screen time, like social media, TV, or general scrolling
- Everything else, like movement, hobbies, social time, caregiving, and chores

Many people discover they spend more time than expected on a few things and far less on the things they care about most.

How satisfied are you with your time? Once you see the big picture, check in with how it feels for you.

Ask yourself questions like these:

- Does my day reflect my priorities?
- Am I giving too much time to things that drain me?
- Do I plan ahead, or mostly react as I go?
- Do I have enough downtime to recharge?
- Am I taking care of my physical and mental well-being?

These questions are not a scorecard. They simply highlight what is working and what may need more attention.

In the era of digital everything, we are faced with more distractions than ever. Some digital solutions are designed to save us time, but overall digital distractions eat up a LOT of time. The average American spends almost five hours a day on their phone and checks it more than 200 times a day. All that tapping and scrolling can quietly crowd out time and energy that could go toward things that feel more meaningful or restorative.

People who set aside time for what they truly value tend to report better well-being. That starts with knowing what matters most to you.

A good place to start is with your core values, which essentially define who you are and guide your choices to shape the kind of life you want to build.

If you are not sure where to begin, try reflecting on:

- What you admire in other people
- Who inspires you and why
- Moments that have felt meaningful or grounding
- Times when you feel most like yourself

From there, pick your top three to five values. Think of things like health, family, fun, growth, purpose, kindness, or independence. Go with whatever feels true for you.

Next, compare your values with how your time is actually spent. Maybe health is a top value, but it keeps sliding to the bottom of the list. Work might take over your day, and by the time you get home you are too tired to cook or move. Takeout and scrolling feel easiest, and the same pattern repeats the next day.

Seeing that gap is not a failure. It is useful information. It shows you where a small shift in time or energy could help your day support the version of yourself you want to invest in.

How can you shift your mindset? Effective change often starts with a shift in how you think about your time. Here are some ideas:

- Stay empowered. You may not control everything about your day, but you do have some choice in how you use the time you do have.
- Focus on small adjustments. A few steady changes can make a real difference.
- Use supportive language. Think of your schedule as a tool that helps you care for what matters, not as something that controls you.

Remember, small steps add up. You do not need a full life overhaul. Realignment often starts with one simple shift.

Need specific ideas? Try these:

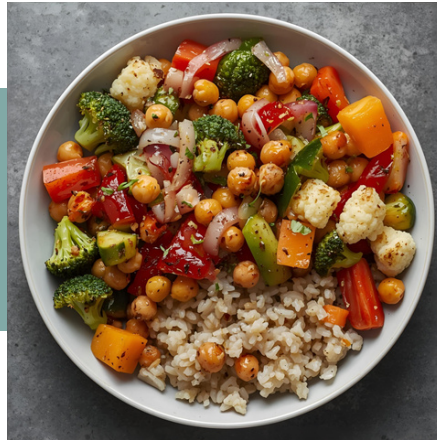
- Turn off notifications during certain time windows
- Set a daily "scroll-free" time
- Plan one health-supporting action for the day, like prepping breakfast or taking a short walk
- Fill in prompts like:
 - I want to spend more time on...
 - I want to spend less time on...
 - I can save time by...

These small tweaks can help your days feel more manageable and aligned with what matters most to you.

Your time is valuable, and the way you spend it has a real impact on how you feel day to day. When your time reflects what matters to you, things not only feel easier to manage, but you may discover an overall stronger sense of purpose and satisfaction.

You deserve a routine that supports your health, your goals, and the people and activities you care about. Small, practical changes can help you shape days that feel more supportive of the life you want.

No-Fail Sheet Pan Veggie & Chickpea Dinner



A simple, hands-off, super nutritious meal that saves time on busy nights. This serves 2; double the recipe for 4.

Ingredients (serves 2):

- 1 can chickpeas, drained and rinsed
- 4-5 cups chopped (bite-sized pieces) fresh vegetables (broccoli, onions, zucchini, cauliflower, carrots, bell peppers, or whatever you have)
- 2-3 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Lemon wedges, for serving
- 2 cups cooked brown rice, quinoa, or other whole grain

Instructions:

1. Heat the oven to 425°F (about 220°C).
2. Spread the chickpeas and veggies on a sheet pan. Drizzle with olive oil and sprinkle with paprika, garlic powder, salt, and pepper. Toss to coat. (Optionally - mix it all in a bowl first. Yes, it's another thing to wash, but it can save serious mess and time. You can also use that bowl for serving.)
3. Roast for 20 to 25 minutes, until the edges are crisp and the veggies are tender.
4. If you don't have grains on hand, this is a good time to cook up some quinoa or other fast-cooking whole grain, like millet or bulgur. Use low-sodium veggie broth instead of water for a bolder flavor.
5. Serve with the grains and a squeeze of lemon. Add more paprika and/or garlic powder to taste.

If you have leftovers, this is the perfect heat-and-eat lunch the following day.