

# take 4 windows of time this season

Give the gift of time (to yourself and others) this holiday season

Reclaim time from long work hours, over-scheduled activities and a rushed pace of life



## Tell us how you took back your time

After you take your Four Windows of Time, we'd love to hear about it. What did you & your family do? What did you learn from the experience?

We will compile your stories and publicize these results to the media & our nation's leaders to show how deeply Americans support the need for more time in our lives.

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For more information and materials you can download and print out, see [www.timeday.org](http://www.timeday.org), keyword *Four Windows of Time*.



Sponsored by Take Back Your Time, a nationwide non-profit, nonpartisan initiative that challenges our national epidemic of overwork, overscheduling, and a hurried pace of life (Time Poverty).