

1. Take Four Windows Of Time

Take Four Windows of Time between Take Back Your Time Day (October 24th) and January 1st. Reclaim time from long work hours, overscheduled activities, and a rushed, hurried pace of life. Instead, engage in four slow, quiet, life-renewing experiences for yourself and your loved ones. Join with people all across the U.S. to Take Back Your Time.

How will you Take Back Your Time this Fall?

2. Tell Us How You Took Back Your Time

After you take your Four Windows of Time, we'd love to hear about your experiences. What did you and your family do? What did you learn from the experience? Will you try to continue this in the months to come?

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

3. The "Time To Care" Agenda

Resisting excessive work hours or an overscheduled lifestyle is not only a personal choice — it also has public policy implications. Join us in promoting the "Time to Care Public Policy Agenda":

- Make Election Day a national holiday
- Paid family leave and sick leave
- A minimum annual 3-week paid vacation
- Limit employer-mandated overtime
- Benefits for part-time workers

For more information and materials you can download and print out, see www.timeday.org, keyword "Four Windows of Time."



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