

### Reflection

On p.140 of the *Nearing Enough* essay, Linnea Johnson wrote about how the Nearings devote 4 hours to **bread labor** (for us, I interpret this as earning a living, cleaning, cooking, yardwork), 4 hours to **professional activity** (related to your skills, loves, special abilities), and 4 hours to **service activities** (helping others, civic engagement).

- Do you have a similar balance in your life?
- What sorts of skills, loves, etc do you wish that you had more time to pursue? (art? music? writing? wood-working? ....) AND how can you make room for that in your daily life?
- What unpaid service or civic engagement activities do you find most satisfying, and why? Do you wish you could do more, or are you doing too much?

You do not have to answer every question! Jot some notes down, be prepared to share as you feel comfortable.

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