



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## A Fulfilling Life

*An activity of "Tech titans: how much should we admire them?"*

Read "**Tech titans: how much should we admire them?**" (page 15-16, *What's Up* May 2019). The story tells us about famous businessmen who used technology successfully. It also raises a question about work life. Can we have a fulfilling life with such long hours of work?

1. A fulfilling life is one that balances all things important to you. The table below lists some of these things. In the third column, allocate the number of hours you think you should spend in a week on each of these. A week has 168 hours. The time you allocate should be over and above that you spend studying, eating, bathing, and doing other daily living activities.

Activity	Its importance	Hours per week
<b>Exercise</b>	Exercise is essential to our overall wellbeing. We need at least 20 minutes of moderate to vigorous exercise daily.	
<b>Sleep</b>	We should sleep seven to eight hours every night. While you sleep, your body rests and restores itself. Sleep also organises what you learn.	
<b>Relationships</b>	Good relationships with family and friends give us joy and helps us to stay healthy. We have to make a conscious effort to build good relationships.	
<b>Caring for others</b>	Caring for others makes us better people. Show you care by helping out at home and at school. Befriend students who seem to be lonely or shy.	
<b>Hobbies</b>	Hobbies help you to relax, develop creativity, and enrich your life. Pursue a healthy hobby that you enjoy.	
[Add one more.]		

2. Overleaf, answer the following questions in detail:
  - a. How would you describe your ideal adult life?
  - b. In what ways is that ideal adult life different from your life now as a child?

These questions encourage you to think big, just as the tech titans in the *What's Up* story did. They had grand ideas and they worked hard to make them happen. They also balanced hard work with other activities that made their lives fulfilling. You can too!