

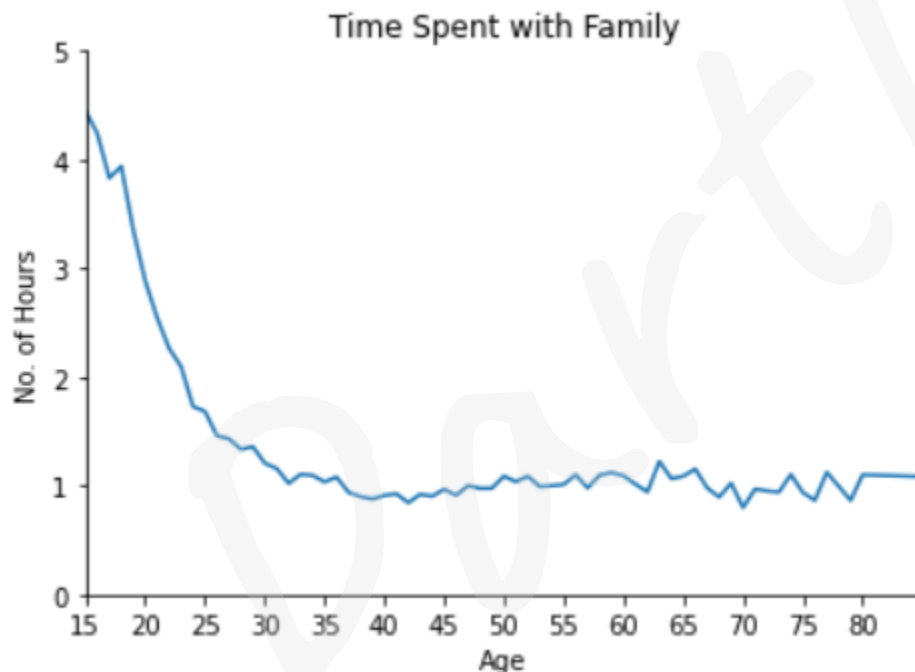
With whom how much time do we Spend

Date - 17 December 2022

Data Source - Kaggle Dataset time-spent-with-relationships-by-age-USA)

Yesterday my Discord Friend told me about the dataset and he asked me to do a simple analysis and look at the dataset findings. When I did it today, the results were both inspiring and depressing.

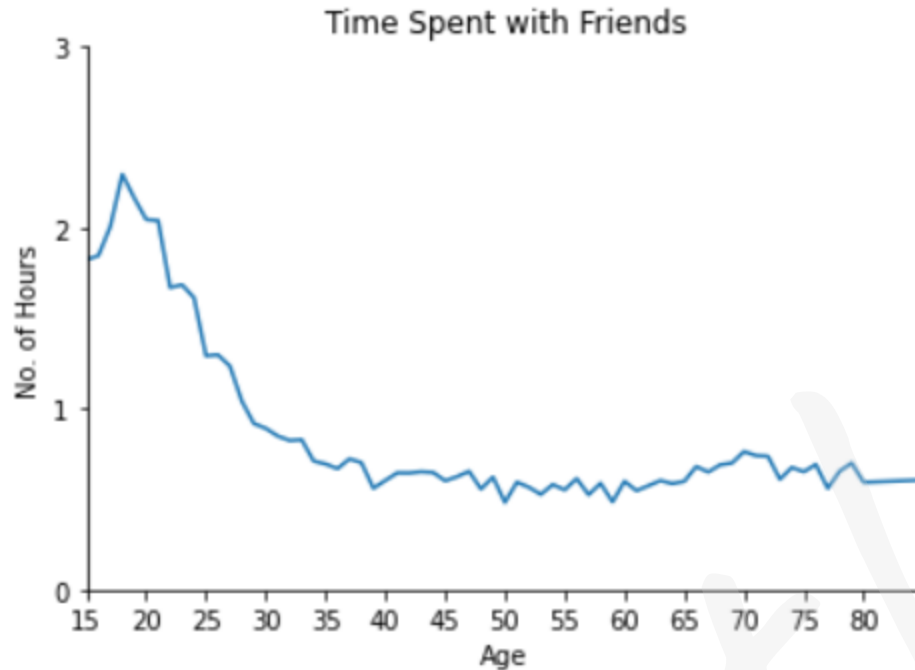
Although the data set is from the United States, and there is no reason to doubt the vast cultural differences between American and Asian societies, I feel the takeaway and lessons are global in nature.



Our time spent with our parents, siblings, and relatives peaks in childhood and rapidly falls beyond the age of 20. When we leave home and get wrapped up in our own life, it's easy to lose sight of the limited time we have left with our family. I once read that by the time a child graduates high school, they would have spent 80% of their time with their parents.

valuable insight is

1. Family time is precious and finite. Make every moment a priority and embrace it.
2. Parent your children in such a way that they choose to spend time with you as adults, sharing their problems and concerns.

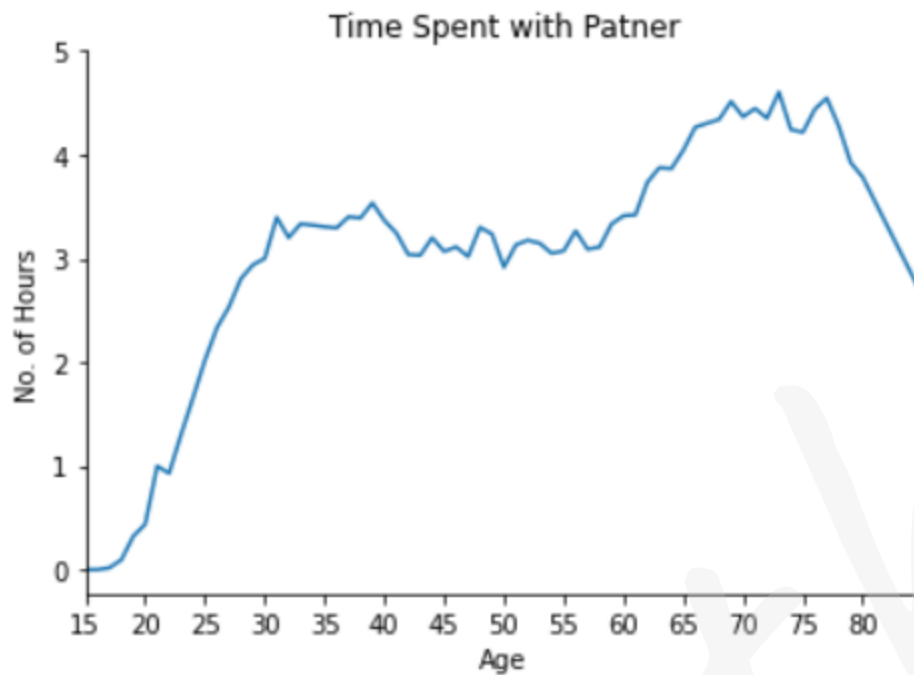


Time spent with friends peaks around 18 and then drops precipitously to a low baseline. On the last day of high school/college, we make vows to stay in touch, and multiple WhatsApp groups called "friends forever" are formed, but can you recall the last time you spoke with a friend?

It's not that our friendship has faded, but as we get older, everything changes from pin-code to domain, the environment changes, people change, emotions change, and we all get engrossed with our own issues.

valuable insight is

1. Enjoy friendship's breadth while focusing on its depth.
2. Treasure those who have stood with you through good and difficult times. The "Darkest Hour Friends" are people you want to be with you for the rest of your life.
3. Invest your time and attention in long-lasting, healthy connections.



Time spent with your partner trends up until death.

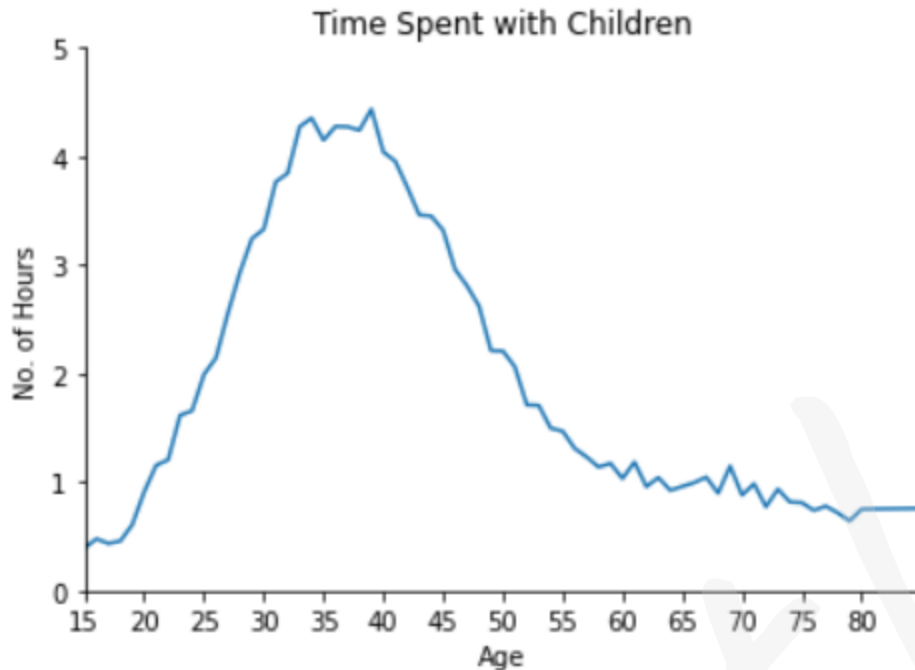
The person you choose to confront life's ups and downs with will have the largest impact on your happiness and fulfillment.

I think the key lesson is if someone chooses to spend that much time with you, that is love and you shouldn't question it.

valuable insight is

- Who you choose as a partner is the most important decision you'll ever make.
- Find someone you genuinely enjoy spending time with. Life isn't about the glamorous moments—most of life is just sitting around doing nothing. Find someone you genuinely enjoy doing nothing with.

Remember - You get one shot at life. Never settle for less than love.



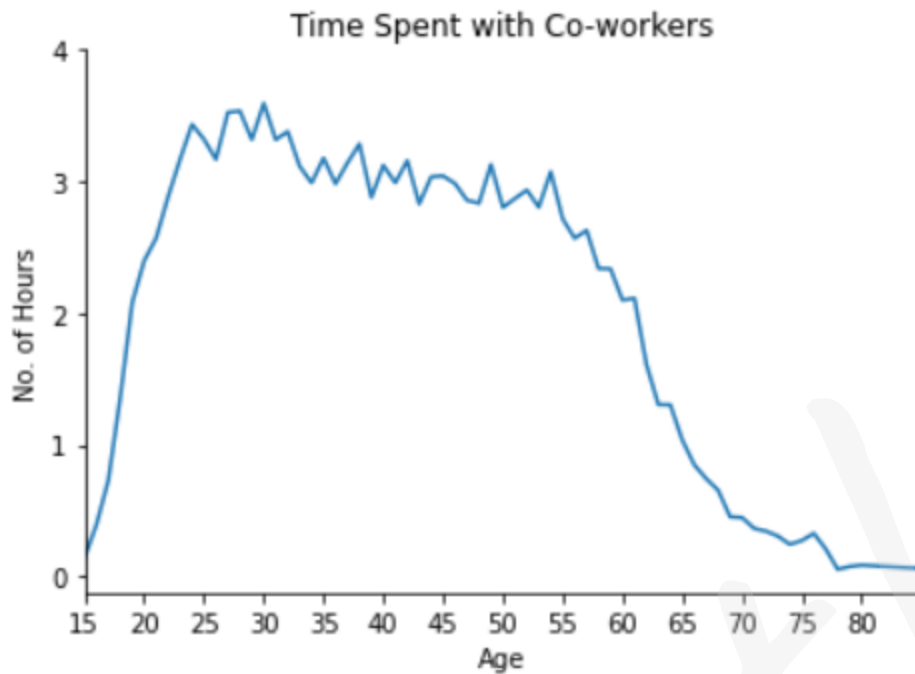
Childhood is very short, and very precious. Spend as much time as you can with your children, while they are children. A lot of other stuff in life can wait. It's something you'll never regret. The children time later also is hugely dependent on the relationship you develop in those "under your roof" years.

You work and work to make more and more—but at what cost? At what point does all that work force you to miss the moments you can never get back?

There's a devastatingly short window of time during which you are your child's entire world. Don't blink.

valuable insight is

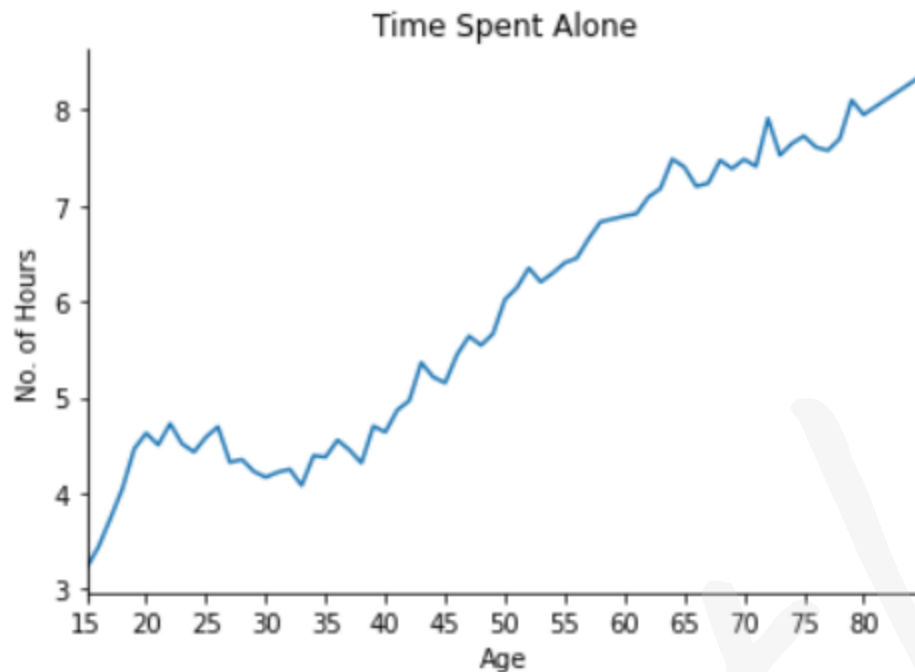
- Time with your children is short—the "Magic Years" will fly by if you let them.
- Be present in every moment.



Time spent with coworkers is steady during the traditional prime working years from age 20-60 and declines sharply thereafter.

valuable insight is

- You'll spend a lot of time at work.
- Work will pull you away from your family and loved ones throughout your life.



Time Spent Alone Steadily increases throughout your life.

There are going to be pockets in your life when you find yourself to be alone (not lonely) and nobody prepares you for that. Even when you have a loving partner and are surrounded by loved ones, what about the times when they're not there?

Key Lessons:

- Learn to embrace solitude.
- Flex your boredom muscle regularly.