Lets say that you have 4 hours free , you don’t have any tasks (you finished your work , workout,selfcare and slept) lets see what you could do(don’t worry ! I will only tell you entertaining things to do) :

<li>you should only use your mobile for 2 hours</li>

<li>you could read a novel</li>

<li>you could watch movie</li>

<li>you could go out with your friends or your family</li>

<li>you could draw or sing or play or write (do your hobby)</li>

<li>you could eat</li>

<li>watch the nature</li>

<li>make jewelries</li>

<li>play music</li>

<li>solve puzzles</li>

<p> you can do what you want but remember you only have 2 hours to use your mobile not more than that</p>