

**Sahil Bloom** ✓ @SahilBloom

Nov 12

I recently came across data on who we spend our time with over the course of our lives.

The insights are simultaneously inspiring and depressing.

Here are 6 graphs everyone needs to see:

Nov 12, 2022 · 1:35 PM UTC · Twitter Web App

💬 914 ↗ 19,554 🗨 2,299 ❤️ 67,027

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Time Spent With Parents & Siblings

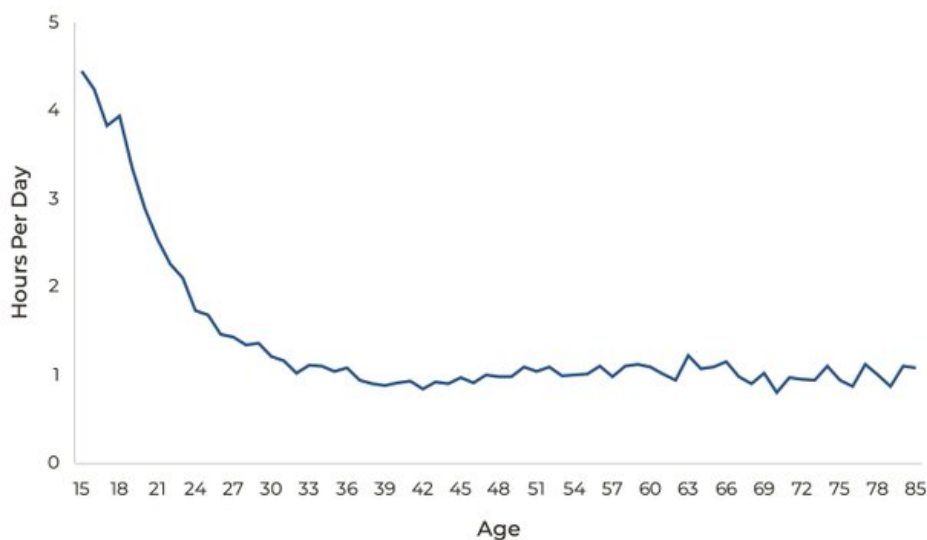
Peaks in childhood and declines after age 20.

Key Takeaways:

- Time with family is limited.
- Time with parents declines sharply after age 20.
- You may only see your loved ones a few more times.

Prioritize and cherish every moment.

Time Spent With Family



💬 44 ↗ 926 🗨 99 ❤️ 8,393

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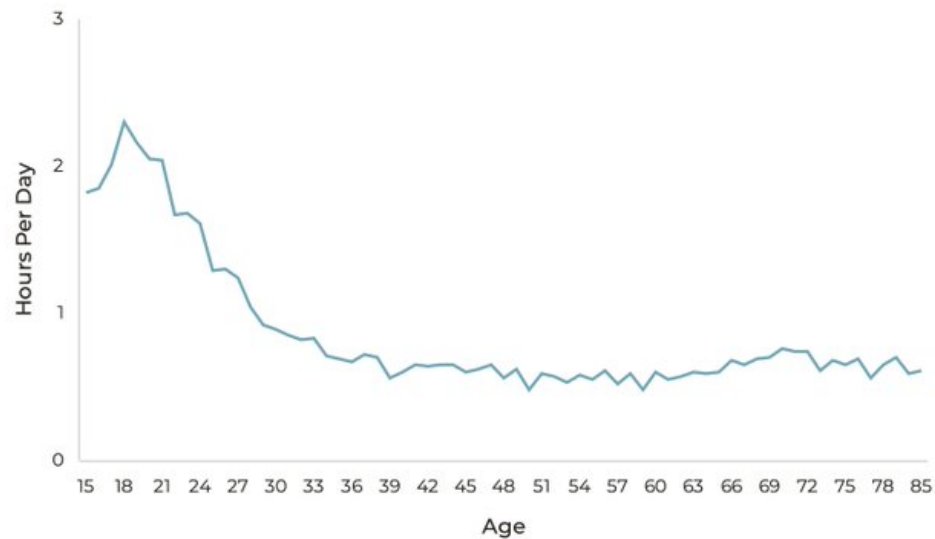
Time Spent With Friends

Peaks at age 18 and declines sharply to a low baseline.

Key Takeaways:

- Embrace friendship breadth, but focus on depth.

Time Spent With Friends



💬 18 🔄 594 🗨️ 53 ❤️ 6,351



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Time Spent With Partner

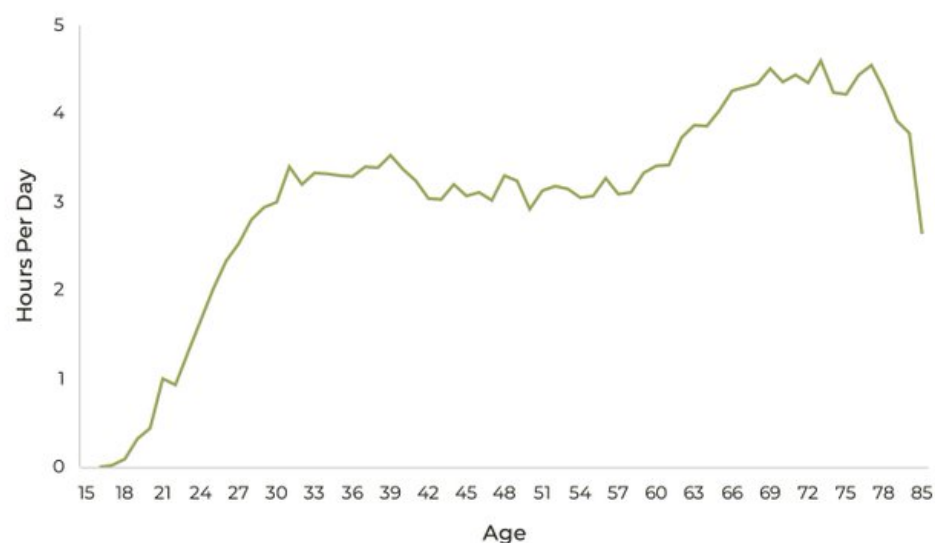
Trends upwards until death.

Key Takeaways:

- Who you choose as a partner is the most important decision you'll ever make.
- Find someone you genuinely enjoy spending time with.

Never settle for less than love.

Time Spent With Partner





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Time Spent With Children

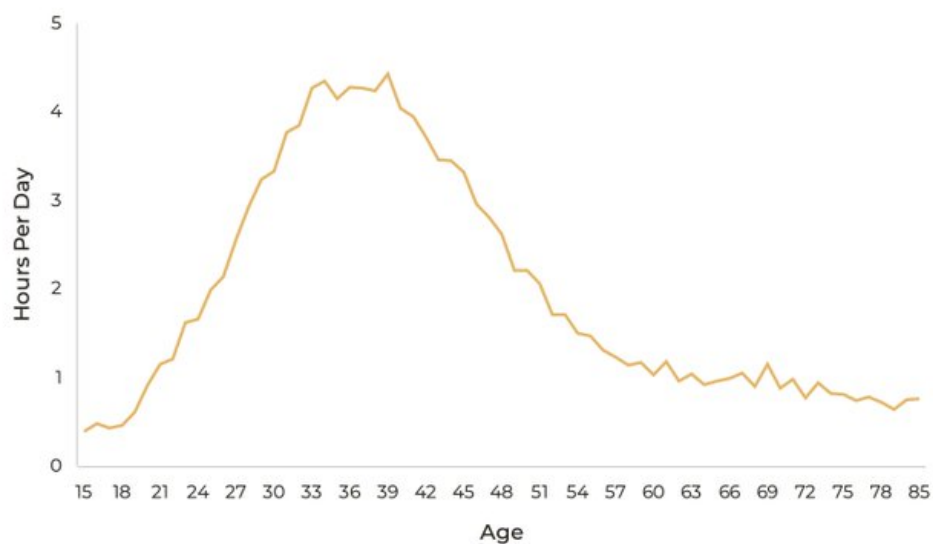
Peaks in your 30s and declines sharply thereafter.

Key Lessons:

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

Slow down and embrace the sweetness that children bring to your life.

Time Spent With Children



44 608 45 6,737



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Time Spent With Coworkers

Steady during the prime working years from age 20-60.

Key Lessons:

- You'll spend a lot of time at work.
- Who you choose to work with is one of the most important decisions you'll make.

Find work—and coworkers—that create energy in your life.

Time Spent With Coworkers



nitter



Source: American Time Use Survey, Our World in Data

30 600 128 6,467



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Time Spent Alone

Steadily increases throughout your life.

Key Lessons:

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

Find happiness and joy in the time you have to yourself—there will be a whole lot of it as you get older.

Time Spent Alone



Source: American Time Use Survey, Our World in Data

43 941 146 8,848



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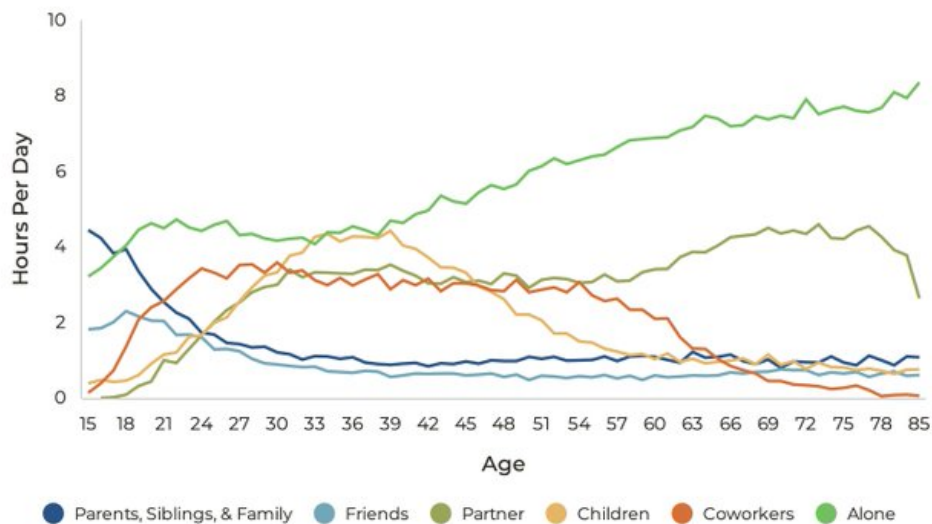
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In summary:

- (1) Family time is limited—cherish it.
- (2) Friend time is limited—prioritize real ones.
- (3) Partner time is significant—never settle.
- (4) Children time is precious—be present.

(6) Alone time is highest—love yourself.

Time Spent



Source: American Time Use Survey, Our World in Data

💬 147 🔄 8,229 🗨️ 467 ❤️ 31,312



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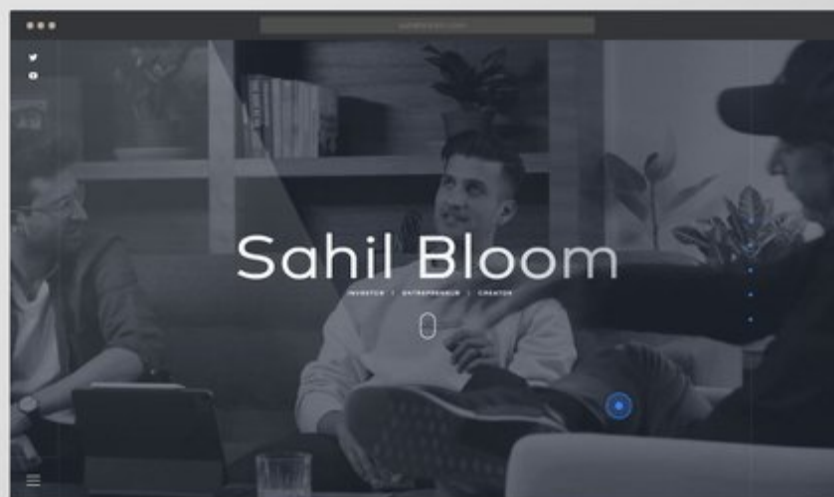
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Remember: Time is our most precious asset.

Follow me [@SahilBloom](#) for more writing on time, life, and growth.

If you're interested in more, subscribe to my newsletter, where I'll share the PDF I made with these graphs and deeper insights on the lessons.

sahilbloom.com/newsletter



Sahil Bloom's - The Curiosity Chronicle

The Curiosity Chronicle has quickly become one of the most popular newsletters

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 17
  118
  10
  1,807
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As noted on the images, the data source is The American Time Use Survey and Our World in Data.

I expect the data may vary slightly across different regions and cultures, but the broad takeaways are global in nature.

Be present today. Our time is limited.

 114
  91
  8
  1,776
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Nov 13

I've been writing consistently on Twitter since May 2020, and this is the first time I've had a piece of content "go viral" without drawing any material negativity in my mentions or DMs.

Speaks to the universality of the sentiment on the precious nature of time.

 19
  19
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  487
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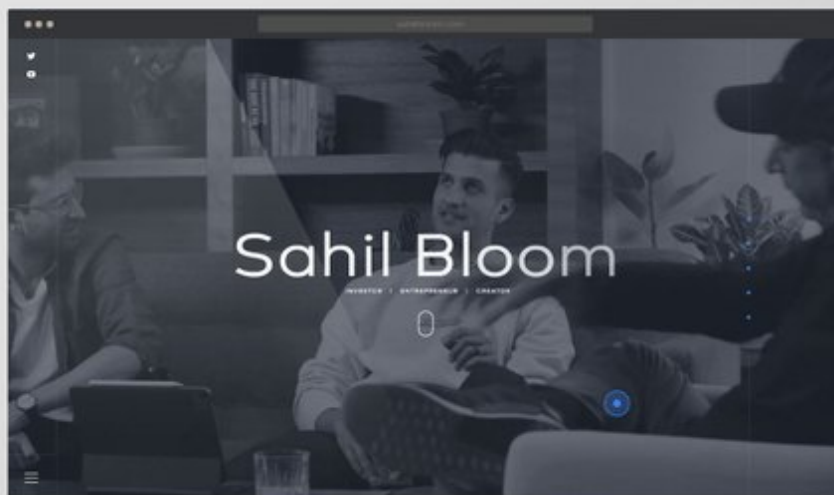
Nov 14

This week's newsletter will include:

- Full PDF presentation of these graphs
- Deeper thoughts on the lessons and insights
- Ideas on "bending the curve" in each category

If you enjoyed this thread, join 131,000+ others who will get the piece!

sahilbloom.com/newsletter



Sahil Bloom's - The Curiosity Chronicle

The Curiosity Chronicle has quickly become one of the most popular newsletters for growth-minded individuals in the world. Each week, subscribers receive a deep dive that covers topics ranging from...

8 7 77

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Spontaneous Backpackers 🌟 Cecilia & Samson @spontaneousbkpk

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Replying to @SahilBloom

Grateful to be working with a partner who's also family & life partner.

We don't take it for granted.

Time flies but at least we're both the pilots of our lives.

2



Val Geisler @lovevalgeisler

Nov 12

Replying to @SahilBloom

This is sad to me. Is it uniquely American data? The time spent with coworkers versus friends and family gives me pause.

18



Brian Feroldi (🧠, 📈) ✓ @BrianFeroldi

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Replying to @SahilBloom

The good news is that you can bend these graphs up or down if you want to. It's just a matter of how much effort you put into spending time with other people.

12 7 424



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Yes!

18



LaurenAaliyahKolia 💙 🇳🇬 @kolia786

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Replying to @SahilBloom

@threadreaderapp unroll please

1 3



Thread Reader App @threadreaderapp

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Hello, you can read it here: threadreaderapp.com/thread/1... Talk to you soon. 🤖

Thread reader

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Thread by Sahil Bloom (@SahilBloom), Nov 12

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Thread by @SahilBloom on Thread Reader App

@SahilBloom: I recently came across data on who we spend our time with over the course of our lives. The insights are simultaneously inspiring and depressing. Here are 6 graphs everyone needs to see:...
threadreaderapp.com

31

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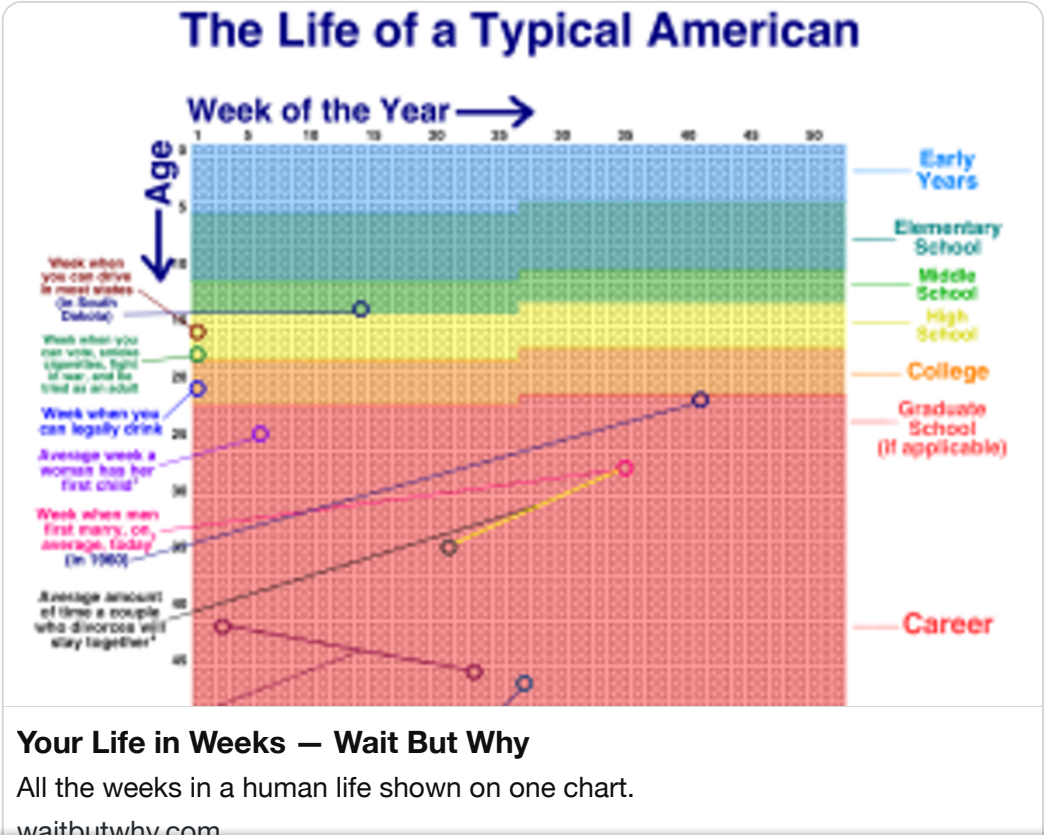
Graham Stephan ✓ @GrahamStephan

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Replying to @SahilBloom

Fascinating insights - This article from Tim Urban is a must read that showcases how short our life really is!

waitbutwhy.com/2014/05/life-...



 more replies**Jay Singh** @JaySinghWrites

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Replying to @SahilBloom

Surprisingly, it dawned on me today itself, that the quest for a partner is rarely a quest for companionship.

It's mostly seeking a distraction from loneliness.

 1  3   10**Michael Lyon** @hiceez

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Which in turn is a quest for companionship. These are not mutually exclusive.

 1    4

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