

### **NEED OR GREED?**

The U.S. has 5% of the world's population.

Percentage of the world's resources consumed by Americans: 30%

### **UNIVERSAL SHOPPING LIST**

Number of high schools in the U.S. in 1996: 24,000

Number of shopping centers in the U.S. in 1996: 42,130

Americans spend twice as much on children's athletic shoes as they do on children's books.

### **CLEARING AWAY CLUTTER**

A new and growing industry in the last 30 years is mini storage units.

According to the American Moving and Storage Association, the average American family has 7,262 lbs. of stuff.

### **TIME EATERS**

TV viewing per week in 1965:  
10.3 hours

TV viewing per week in 1995 :  
15 hours

Number of commercials the average American child sees each year:  
40,000

### **MAKING FRESH STARTS**

Does money bring happiness?  
Per capita income in the U.S. rose 62% from 1970. In 1970, 30% of Americans polled reported being "very happy." In 1994, the percentage was the same.

### **DROWSY AMERICA**

A majority of children polled say they are sleepy during the day, and 15% admit to falling asleep in school.

The amount of time the average Americans spend either behind the wheel or in front of the television is the equivalent of one day out of every week.

### **UNIVERSAL SHOPPING LIST**

How much time do you spend shopping?

Do you overspend? Why?

What can you do about buying more than you need?

### **NEED OR GREED?**

Although we have more than the rest of the world, are we truly happy?

Discuss the statement: "The world has enough for everyone's need, but not for everyone's greed."

### **TIME EATERS**

How much of your time is consumed by watching television?

Or surfing the net?

Or talking on the telephone?

Could you use that time in other more enjoyable ways to enhance your life?

### **CLEARING AWAY CLUTTER**

How can we get rid of clutter and Prevent accumulating more?

How can we become better stewards of the earth's resources?

### **DROWSY AMERICA**

What happens when you do not get enough sleep?

What do you do about it?

### **MAKING FRESH STARTS**

How can we get rid of emotional baggage from the past? It saps our energy and dulls our spirits.

How can we listen to our hearts and follow the guidance we receive?

### **DO WHAT YOU LOVE**

How can you create time that can be used to do what you really enjoy?

Do you say "yes" when you would like to say "no"?

What does this cost you in time?

### **PAUSE & ENJOY**

Make a list of life's simple pleasures such as being with people you love.

Now make a list of low-cost activities for the family.

### **A GRATEFUL HEART**

How often do you count your blessings?

What are your blessings?

### **DO WHAT YOU LOVE**

Percentage of Americans polled who  
Say they want more balance in their

Lives: 66%

Percentage of Americans polled who  
want to simplify their lives:  
about 60%

### **PAUSE & ENJOY**

**33% of** Americans polled say they  
always feel rushed.

Over 33% say their lives are out of  
control.

### **A GRATEFUL HEART**

American parents spent 40% less time  
with their children in 1985 than they  
did in 1965.