

## Spontaneously Free Time

We only have twenty-four hours a day and maybe we are busy in working or studying for most of the time. As a result, we all cherish our leisure time that can soothe our minds and release the stress. However, do we need to make a schedule to “cherish” our free time?

In my opinion, planning for leisure time will make the leisure time like a routine or a task to finish. It somehow makes us feel the time passes hastily. In other word, we don't feel relaxed and refreshing. Even worse, we may think it's a waste to spend time in leisure time. Another reason I don't plan for my leisure time is that sometimes there are just a few minutes for free time. Why don't we just think spontaneously what we can do for relaxing, instead of forcing our brains to make a wonderful plan for free time? Just like the picture, did the man make a plan to climb the tree to spend his free time? My answer must be “No” because he might just passed by the tree and wanted to see the beautiful view from the top of the tree, and it seemed he was relaxed. It was all spontaneous since he didn't know he would pass by a tree and that the view would be so stunning.

I remembered one time I had no class for three hours, and I started thinking what I can do in these three hours. Firstly, I wanted to finish the book I had to read. Second, I could surf the internet for an hour. And third, I could take a break for the last hour. Everything was well-scheduled as I thought at first, but when I went back to the dormitory and got ready to accomplish my free time schedule. I found that I couldn't perfectly finish any tasks, including taking a nap. Because I didn't finish reading the book yet, I just take a thirty-minute break with my anxiety about the deadline I should finish the book. That was not free time but a huge black hole that took away my energy and trapped me into intensive nerve.

We are too busy and tired working on planning for many things. But leisure time is a gift, we don't need to make a plan to receive the gift. If we still plan for this valuable time and won't feel exhausted and meaningless, we must be workaholics.