It is hard for all of us to fill our days with everything we should do. Since we all have the same amount of time/hours in a day, how do we fit anything more into our packed days? The following thoughts are from general authorities encouraging us to plan how we should be spending and prioritizing our family time:

**Dallin H. Oaks** shared the following: “Some may say, ‘But we have no time for that.’ As for time to do what is truly worthwhile, I suggest that many parents will find that they can turn their family on if they will turn their television off. The TV set is on for an average of seven hours per day in homes in the United States. *(LISA Today, May 17, 1984.)* More to the point, a 1984 study of television viewing in a predominantly LDS area showed that 70 percent of those surveyed—mostly adults—watched television three hours or more per day. Almost half of that group watched TV for five hours or more.

Parents are the master teachers. They do their most effective teaching by example. ...

Families should work together, as suggested earlier. Families should also play together, so that happy recreational experiences are associated with the activities of the family.

It is a striking fact that the family home evening is the ideal time to accomplish almost every type of family togetherness. It is the ideal place for the family to pray together, learn together, counsel together, play together, and even work together. Most of us recognize this, but I wonder how many of us are really using the family home evening to its full potential.”


**M. Russell Ballard** taught: “One of the ways Satan lessens your effectiveness and weakens your spiritual strength is by encouraging you to spend large blocks of your time doing things that matter very little. I speak of such things as sitting for hours on end watching television or videos, playing video games night in and night out, surfing the Internet, or devoting huge blocks of time to sports, games, or other recreational activities. M. Russell Ballard, “Keep All Things in Balance,”

“One devastating effect of idling away our time is that it deflects us from focusing on the things that matter most. Too many people are willing to sit back and let life just happen to them. It takes time to develop the attributes that will help you to be a well-balanced person.”

President Gordon B. Hinckley shared the following story recorded by Eugene L. Roberts, a former BYU Coach, about a talk he heard in the Provo tabernacle:

“You can’t tell the character of an individual by the way he does his daily work. Watch him when his work is done. See where he goes. Note the companions he seeks, and the things he does when he may do as he pleases. Then you can tell his true character.’

“I looked up toward the rostrum,” Roberts continued, “because I was struck with this powerful statement. I saw there a slim, dark-haired fierce-eyed fighting-man whom I knew and feared; but didn't have any particular love for.”

As he continued, “[The speaker] went on to make a comparison. He said: ‘Let us take the eagle, for example. This bird works as hard and as efficiently as any other animal or bird in doing its daily work. It provides for itself and its young by the sweat of its brow, so to speak; but when its daily work is over and the eagle has time of its own to do just as it pleases, note how it spends its recreational moments. It flies in the highest realms of heaven, spreads its wings and bathes in the upper air, for it loves the pure, clean atmosphere and the lofty heights.

“‘On the other hand, let us consider the hog. This animal grunts and grubs and provides for its young just as well as the eagle; but when its working hours are over and it has some recreational moments, observe where it goes and what it does. The hog will seek out the muddiest hole in the pasture and will roll and soak itself in filth, for this is the thing it loves. People can be either eagles or hogs in their leisure time.’

President Gordon B. Hinckley, "Don't Drop the Ball", Ensign, November 1994.

Another quote we loved from the same talk:

We must strengthen one another, help one another, play the game together if we are to win the victory.

President Gordon B. Hinckley, "Don't Drop the Ball", Ensign, November 1994.