"My religion would be a gentle faith that believes in the sacredness of leisure." - Garrison Keillor

**Personal and Conceptual Analysis:**

This quote from author Garrison Keillor struck a cord with me because it aligns with my opinions on leisure. I believe that leisure should be a lot more appreciated and prioritized in our society, and in all societies. While I would not go as far to say it should be a religion and Keillor did, I do understand where that feeling stems from; With the internet and social media constantly having us plugged into the world, it feels like we do not have time for leisure even though statistics show that we do. I have this overarching feeling that there is not enough time for leisure in my life, no matter how much I try to carve time out it never seems to be enough. In my dream world, there would be a system and/or society that prioritizes leisure above work.

My chosen quote relates to multiple concepts taught throughout the semester. One thing this quote reminded me of was the ideas taught in lesson two; believing in the "Sacredness of leisure," makes me think of the pre-civililized era of leisure. According to the module, work only took up 3-4 hours a day in this era, the rest of the day was used for play and leisure (Kohl, Lesson 2 Commentary). What I admire about this era is they did what they needed to to survive and once that was done, they did what they needed to to enjoy life, the quote echos this idea with its emphasis on prioritizing leisure as much as the pre-civilized folks did. Another concept my chosen quote relates to is taught in lesson 4 which covers time spent in leisure. How I interpret my chosen quote is that Keillor does not feel he gets enough leisure and that is why he goes so far to say he wants a religion out of it, so it is priotized in our society. This idea echos the statistic that Americans feel like they work 47 hours a week (Kohl, Lesson 4 Commentary). While we may not be working as much as we think, it still is mentally taxing to the point where we are imagining we are working 13 hours over what we are actually working (American average is 34.4). This quote emphasized the fact that people feel they do not have enough leisure time on their hands.

**Works Cited:**

Kohl, Randy. "Learning Module #2 - History of Leisure." Canvas,THERREC 103-202: Life Balance – An Understanding of Leisure. University of Wisconsin-Milwaukee.

Kohl, Randy. "Learning Module #4 - Time Spent in Leisure." Canvas,THERREC 103-202: Life Balance – An Understanding of Leisure. University of Wisconsin-Milwaukee.

\*Don’t use this quotes

“Leisure, some degree of it, is necessary to the health of every man's spirit.” –Harriet Martineau

"Leisure is the time for doing something useful" - Benjamin Franklin

Time is a game played beautifully by children.” ― Heraclitus, Fragments

"The end of labor is to gain leisure." - Artistotle

“Leisure is only possible when we are at one with ourselves. We tend to overwork as a means of self-escape, as a way of trying to justify our existence.” – Josef Pieper

"The thing that's so unique about our species is that we are really designed to play through our wholes lives." - Stuart Brown

"A life of leisure and a life of laziness are two different things." - Benjamin Franklin

"To be successful, you need leisure. You need time hanging heavily on your hands." - George Soros