



EVOLVE SOCIAL TOPICS

IMPROV CLASS FOR THE SOUL

POSITIVE TO-DO-LIST 111

SOCIABILITY UPDATES_1 112

LIVE AND LET LIVE MULTI 113

SELF-CENTERED, LESS THAN ZERO, VS AILL-CENTERED 114

BLAME, LET GO OF THIS 115

LIFE CONTINUITY (IN PROCESS) 116

DO UNTO OTHERS AS YOU WOULD HAVE DONE UNTO YOU 117

INCONVIENCE BACKLASH 118

STOP THIEVES, STOP STEALING 119

THE STORY OF COMPLAIN 120

CHOOSE PROGRESS 411

CIVILIZATION OF PATIENCE 412

MY GOD IS. . . . 413

THE TIME WHERE THE FUTURE FELL OFF 414

LIFE PRIORITIES TO THE FUTURE 415

WHAT MAKES WHAT TEACH A LAW-ABIDING SOCIETY 416

PUZZLED (9) POWER DIAGRAMS 417

FIND MAKE SPEND SAVE TIME AND TIMELESSNESS 418

ADVICE TO KIDS OF ALL AGES (6): MAKE A PLACE 419

LOGIC AND ORGANIZATION : IMPORT 420

QUESTIONS ABOUT CHANGE 421



E ENERGY EFFICIENT EVEN	V VIVE VIBRANT VARIABLES	O OPTIONS OPPORTUNITIES OWNERSHIP	L LIFE FOCUS LIFE GOALS LEADERSHIP	V VIRTUE VALUES VALIDATE	E EFFORT EARN EASE
---	--	---	--	--	------------------------------------

EVOLVE SOCIAL SERVICES
PROCESS + PROGRESS TO A PUBLIC SPACE AGE PRESENT + FOREVER



ARTICLES BY RACHEL HAMILL
PEN NAME: IMPROV CLASS FOR THE SOUL
COO EVOLVE SOCIAL SERVICES
COPYRIGHT CHICAGONOW.COM 2010=2022
A FORMER TRIBUNE COMPANY



**Where Nothing
Is
Too Sacred
To
Question**

E ENERGY EFFICIENT EVEN	V VIVE VIBRANT VARIABLES	O OPTIONS OPPORTUNITIES OWNERSHIP	L LIFE FOCUS LIFE GOALS LEADERSHIP	V VIRTUE VALUES VALIDATE	E EFFORT EARN EASE
---	--	---	--	--	------------------------------------

EVOLVE SOCIAL SERVICES
PROCESS + PROGRESS TO A PUBLIC SPACE AGE PRESENT + FOREVER

FIND, MAKE, SPEND, SAVE, TIME AND TIMELESSNESS

By **IMPROV CLASS FOR THE SOUL**, November 4, 2015 at 4:20 pm

Make Time

Internally delineate. Be conscious of what you need and want to do. Translate that as a normal part of your priorities. Check to see if it is 1) Legal, 2) Humane, 3) Moral, 4) Ethical, 5) Fine. If yes, you are right to continue. Do what you want to do, or that which is in range of what you want to do.





Assess to see if cause, effect and result are 1) Legal, 2) Humane, 3) Moral, 4) Ethical, 5) Fine. If yes, continue with what you want to do.

Find Time

Stop, Think, Wait, Breathe. Do something different on your own initiative. In part discipline yourself. In part live at a rich life standard. In part notice what the standards for Life and Death are. Figure out why and how you can make a Positive difference in Life and Death. Start your own initiatives. Join groups that are constructive and have commitment. Keep a schedule that includes your initiatives, your group activities, time for other things, time for patience and freedom.

Advertisement

Spend Time

Like cash, spend time on the invaluable things:

- Visit with Family
- Take vacations to well-known and not well-known locations
- Refine your habits, personality and body
- Learn new things and keep up current skills
- Be happy, buoyant, and sociable
- Invest yourself in a career, dynasty, town, project, or journey



Finally spend time on your dichotomies: Peace & action, Ethos & ethics, Reality & reality checks.

Save Time

Save time to be adaptable, frugal, economical and punctual. Be aware of your own initiatives in conjunction with others. Be cognizant of other's time, space, history. Be efficient, timely, and managerial to be caught up, perfect and profitable. Be effective and efficient with your family's time — teach them how to thrive, multi-task and appreciate culture.

Timelessness

Spend time just being outside of time demands, fast living and attending everything. Find the infinite inspiration that you resonate with. Escape. Seek quiet time to clean membranes. Seek patterns that inform you. Seek beauty that says Life is worthwhile. Seek the company of friends and family to check in. Take time to laugh, to find excitement, resolve and peace. Solve the Meaning of Life from your perspective. Live your Life with Meaning, Initiative and Joy.

Filed under: ADVICE, LIFESTYLE OPINION, POLITICS, RELIGION, WELLNESS

Tags: Improv Class for the Soul by Rachel Hamill

