
Boredom



Many people today are never bored. If even a moment of boredom passes, they will check their phone. If that does not relieve the boredom, they will call a friend, check the internet, or watch some TV. For the next HOUR, unplug. Don't look at the internet. Don't read. Put away your phone. Keep a pen handy. Jot down what you end up thinking about:
