

Resilient Bubble Wrapping Evaluating Your Daily Schedules and Habits



Remember: If you want to change the direction of your life or reduce the stress, anxiety, or frustration, you need to focus on building balance and changing your daily habits.

It's important to make your schedules on purpose and with a purpose.

1. Take time for one week documenting how you spend your time. Also include what your meals look like and how you spend your mealtime. You can do this for your family as well. Writing down your experiences and practices will help you find opportunities for change in your life and your family's life. Don't worry about what you write, you don't need to share your journal with others.
2. Take a yellow highlighter and go back and highlight areas that are your non negotiables. Non-negotiables are things that are absolutely necessary (driving kids to school, going to work...etc.). Negotiables are items that are more flexible (karate lessons, music lessons, working out, Netflix watching...etc.). Now take a green highlighter and go back and highlight areas that are "negotiables". These green highlighted areas are opportunities for change if needed.
3. As you look at your schedule, there are a number of questions to ask yourself:
 - a. Are you happy with your schedule and the direction of your life?
 - b. On a scale of 1-10 how busy do you feel your schedule is? And how productive do you feel your schedule is?
 - c. What is your motivation for items in your schedule?
 - d. Are you filling your schedules with extra items motivated by fear of missing out either for yourself or your kids?
 - e. Are you filling your schedules or taking on duties to keep others happy? (keep in mind its okay to say "no" to things, to be able to say "yes" to building resilience for you and your family.)
 - f. Does your schedule include building resilience (healthy mind, body, or spirit)? If yes, when? Only on weekends or sometimes?
 - g. Based on your schedules, what would you state are your main priorities? Hint, this is where you spend the majority of your time.
 - h. Don't forget, a key component in your scheduling is Matthew 6:33 Seek first the Kingdom of God....
 - i. Remember to pray about your schedules and ask God for guidance and opportunities.
4. The answers to the questions above will help you evaluate your schedule. As you work on building resiliency for yourself and your family, keep in mind your green areas are going to be opportunities for change in your schedule. Throughout the program I encourage you to work on strengthening your mind, your body, and your spirit. Each one of these areas is important and together they influence your whole health.

Balanced scheduling allows you and your family time to heal and to develop resiliency. And it's a good idea to spend time ever so often reevaluating your priorities and your schedules. This will help you to make sure your priorities and schedule is aligned with what you want for your life and that for your family. Be aware that the world works at increasing, speed, stress, fear, and disease. It is important to slow your pace and ensure that you are running the right race. Remember to put first things first.

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1 Peter 5:8 Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion.