

Time to say NO ... so you can say YES to God

We often fill up our schedule with good things, and miss out on the best things. It's time to cut back so we can add in the BEST stuff.

Are you currently volunteering because you didn't want to say no, or did you sign your kids up for an activity because everyone else did? How would you feel if you didn't have those things on your calendar?

Spend some time going through your schedule. List EVERYTHING that you do in a week. Rank everything 1-4.

- 1 - Things you have to do (feed children, get them dressed, homeschooling/homework, work projects, Bible study, and prayer).
- 2 - Things you should do (laundry, cook dinner, bathe your kids, serve others, church attendance).
- 3 - Things you want to do (things you enjoy doing/things that help you: Facebook, Bible study group, exercise class, coffee with a friend, your child's favorite sport or activity).
- 4 - Things you are doing to look good or are doing out of guilt (volunteering because you couldn't say no, extra extracurricular activities, things that you think will make you a good mom).

My Schedule:

Now, cut out all the 4s. Limit the 3s, realizing there will be different seasons in life when you can do them. Take a moment to appreciate the white space.

Pick 5-10 things you want to fill your calendar with: family dinners, church attendance, quiet time with God, your child's favorite sport or class.

*Your choices today will make the days to come,
and the years to come, flow so much easier!*