



Time That Matters

When we set our priorities, we can plan our days more effectively. When we ask ourselves the hard questions, we find out what really matters to us. The questions and prompts below are to get you thinking. There are no right or wrong answers.

Use your answers as you work towards a gentle schedule routines that cause you less stress.

Prioritize those things that you said were most important to you and learn to say no to the things that don't line up with your goals. Get help when needed.

Eliminate distractions and time wasters so you have more time and energy to do the things you love.

Live each day like it could be your last.

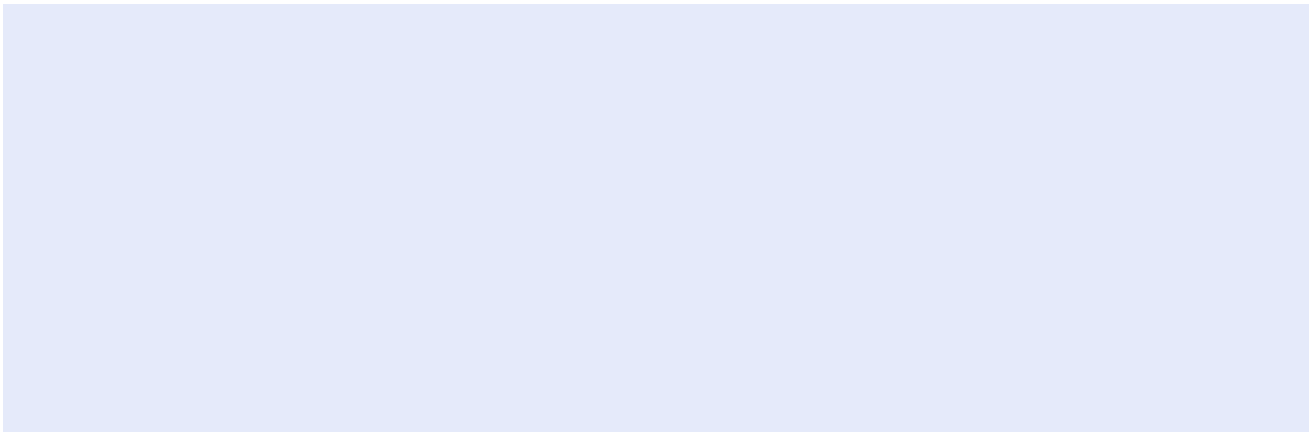
Teach us to number our days, that we may gain a heart of wisdom.
Psalm 90:12



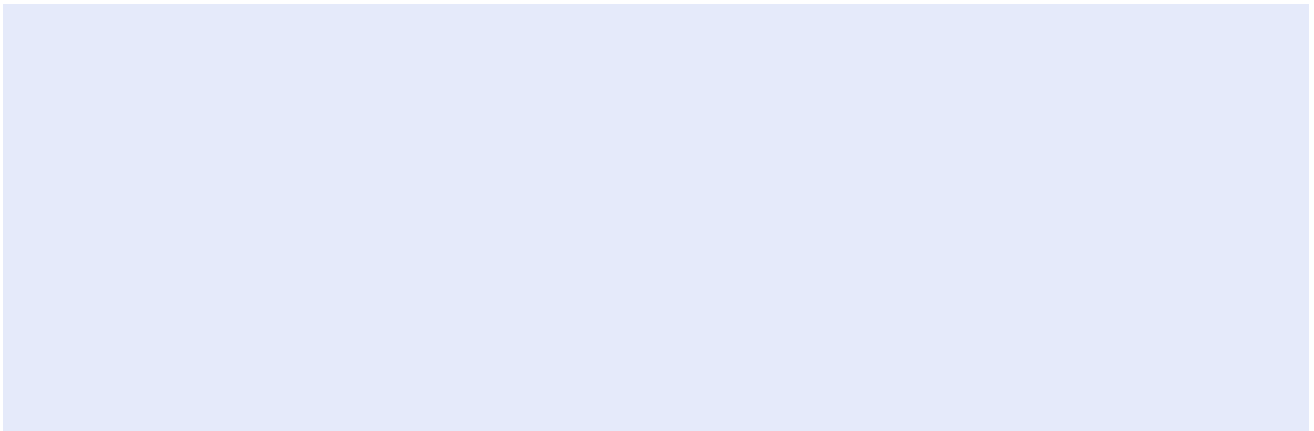
What are the Top 5 most important things to you right now?



What are the top 5 things you spend your time on (excluding sleep)?



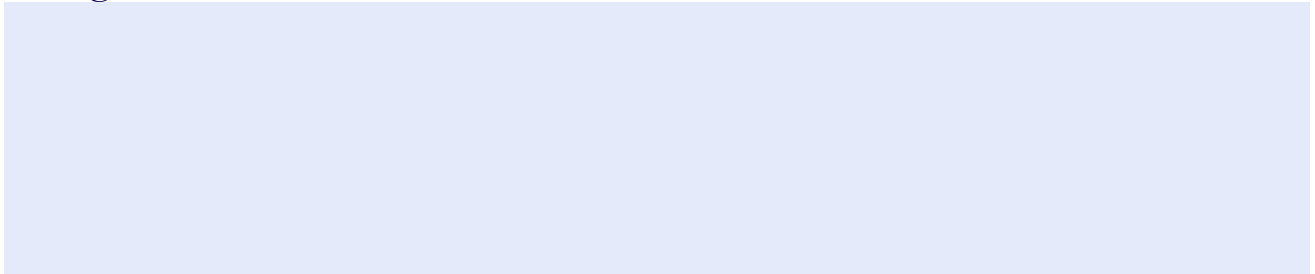
What do you most enjoy doing with your time?



What do you feel you waste your time on?



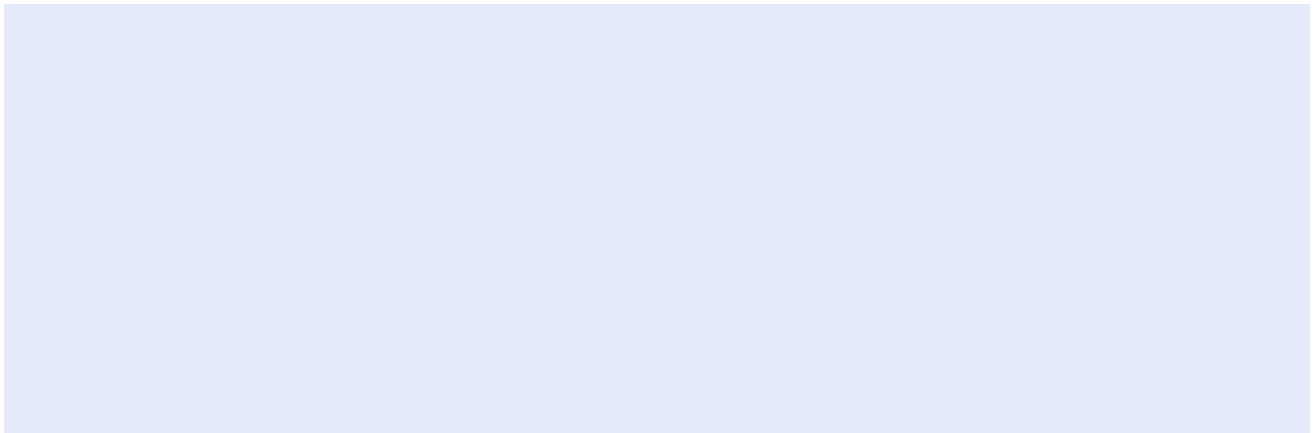
If money was no issue, what would you like to spend your days doing?



What do you wish you didn't have to do?



If you only had 5 years left to live, what would you do differently today? Next week?



Do you spend more than 2 hours per day on social media?

Do you spend more than 2 hours per day with your family?

Do you consistently work more than 40 hours per week?

Do you consistently get less than 7 hours of sleep per night?

Do you have a dedicated time for prayer and devotions?

Do you feel overwhelmed most days?

This is the first step towards planning your time with intentionality. Knowing where your priorities are and what matters most to you will help you plan routines for a graceful life well lived.

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Trust in the Lord, and do good; dwell in the land and befriend faithfulness.
Delight yourself in the Lord, and he will give you the desires of your heart.
Commit your way to the Lord; trust in him, and he will act.

Psalm 37:3-5

