Simplify Your Schedule Exercise

Simplicity is a discipline diametrically opposed to our current culture, which is incredibly fast-paced and consumer focused. Our schedule can be like a mirror, revealing to us our values. We spend our time on the things we value most.

Often, we find ourselves over-committed and spread thin. This can result in stress, anxiety, and a lack of presence with those we love.

This exercise is designed to help you assess your weekly schedule and rearrange your commitments. Try doing this with your small group or your spouse if you're married, then discuss how you felt, what was difficult about it, and why you think that is.

Entry Level:
Take 3x5 cards and write down each commitment, responsibility, or event on its own card. Then spread those cards out on your kitchen table or living room floor. Notice the number of commitments you've made, and organize them in order of importance. This may result in some of these things needing to be removed, and/or holding some of them looser than others as life happens throughout the week.

Reach Level:
Do this exercise monthly and make an effort to remove 1 card from the table every month until you feel you've simplified your schedule.

Write down your reflections:

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