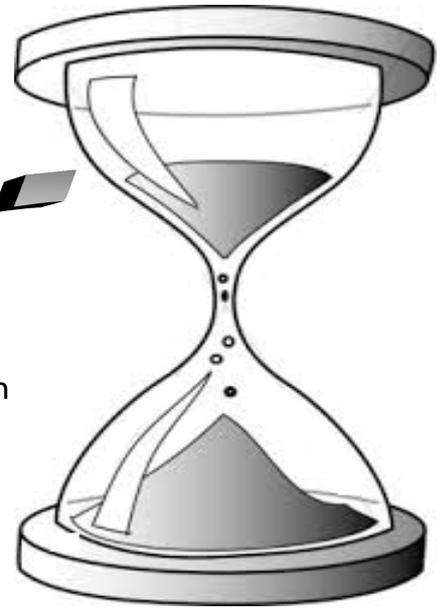


TIME...



SOME QUESTIONS TO PONDER...

1. What exactly is the problem? Is it that there aren't enough hours in the day or that you keep filling them? If you were given an extra three hours a day, how long would it be before you were running out of time again?
2. Do you manage your time? What if you stopped thinking about it as "your" time??? Do you manage those who make demands on "your" time? Are you clear about which priorities get first dibs on "your" time?
3. How often does crazy busy-ness frustrate the purposes and priorities you believe God has for your life? Can you identify times where you have consciously sacrificed "best" for "better", "good" or even "mediocre"?
4. What time do you sacrifice most often to fit things in? Is this good, wise or sustainable?
5. Do you leave some "margins" (spaces for overflows or emergencies) or do you plan everything back to back? Would it help you to build in some of these margins to buffer your days? Would it reduce stress?
6. Are you guilty of spending too much time living either in the past (regrets etc) or in the future (worrying about things you can't control)? What can you do about it?



SO WHAT SHOULD I DO?

1. Recognise time as a gift!
2. Do you procrastinate out of fear, laziness or lack of clarity? What should you do when these temptations come?
3. Identify the bullies! What causes you to over-commit? Is it your ego? Are you insecure? Are you a control-freak? Are there people who manipulate you, guilt-trip you or abuse their authority over you? Learn to face the bullies!
4. Nail the time-wasters! (Draw a fine line between the tank-fillers and time-wasters) Often the things we claim as tank-fillers are actually just time-wasters.)
5. Make appointments in your diary around the things that matter: Start booking diary appointments for family time, exercise time and relaxation time.
6. Build in some habits that slow you down – switch off phones, cut out email, take a walk.
7. Put God-time into the best time of your day.
8. Take time to be grateful and take time to celebrate.

Crazy Busy: There's nothing wrong with being busy, but it can be too crazy. Come along to a three part course where you will be given some tools and new perspectives. It'll be on Wednesdays (3rd, 10th and 17th Sep) at 19:30-21:00. Don't miss out!

