

Ponder + Write

journal pages

VIDEO + JOURNALING CLASS TO HELP ME STEP OUT OF OVERWHELM AND EXHAUSTION. INSTEAD, I WILL STEP INTO A LIFE FULL OF MARGIN, REST, AND SLOWNESS.

BECAUSE SO MUCH OF WHAT I DO STEMS FROM MINDSET, I MUST CHANGE THE WAY I THINK ABOUT WHAT I SAY YES TO... SO I CAN SPEND MORE TIME PRESENT WITH MY FAMILY.

more joy - less overwhelm

Ponder + Write

1.

journal pages

WE WILL NEVER FEEL LIKE WE'VE DONE ENOUGH/WORKED HARD ENOUGH WHEN WE DON'T DEFINE WHAT ENOUGH IS. IT NEEDS TO BE MEASURABLE OR THERE IS NOTHING TO MEASURE.

YOU WILL NEVER TRULY FEEL SUCCESSFUL UNTIL YOU'VE PUT WORDS TO ENOUGH. AND YOU WILL NEVER TRULY BE ABLE TO REST IF YOU LEAVE THIS UNDEFINED.

DEFINE WHAT ENOUGH MEANS TO YOU:

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2.

journal pages

THINK ABOUT ALL THE THINGS YOU DO EACH DAY AND THE SPEED OF IT ALL. CONSIDER ALL THE INTERACTIONS, THE WORK, THE RELATIONSHIPS, THE PASSIONS, AND CALLINGS IN YOUR LIFE. NOW, REALLY PONDER EACH MOMENT. OUT OF ALL OF THESE THINGS, IF YOU ONLY GOT TO CHOOSE A FEW AND DO THEM WELL, WHAT WOULD THEY BE?

LIST YOUR 3-5 THINGS:

WHY DID YOU SELECT THESE SPECIFIC THINGS?

LIST THEM OUT AGAIN BUT THIS TIME WRITE THE **WHY** NEXT TO EACH.

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3.

journal pages

WE CAN'T DO IT ALL, BALLS DROP WHEN WE TRY. WHAT ARE SOME THINGS YOU CAN STEP OUT OF, CANCEL, OR SAY NO TO?

REMEMBER, LIKE ONE MAN'S JUNK IS ANOTHER'S TREASURE...YOUR RELUCTANT + OVERWHELMED YES MEANS SOMEONE ELSE (WHO D-O-E-S HAVE THE CAPACITY) DOESN'T HAVE THE OPPORTUNITY. SAYING NO CAN BE A GIFT FOR SOMEONE ELSE TO SAY A BIG, RESOUNDINGLY EXCITED Y-E-S!! WIN-WIN!

WHAT CAN YOU CANCEL OR SAY NO TO?

WHAT CAN YOU DELEGATE?

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4.

journal pages

THINK BACK ON WHAT YOU WROTE ON PAGE ONE. NOW THAT YOU'VE DEFINED ENOUGH, LET'S GO A STEP FURTHER. KEEP DIGGING INTO THE CONCEPT OF ENOUGH.

WHAT IS ENOUGH FOR TODAY?

WHAT IS ENOUGH FOR THIS SEASON?

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5.

journal pages

WE SEE MORE OF WHAT WE FOCUS ON. SO IF WE'RE FOCUSED ON THE MILLION THINGS LEFT TO DO, THE OVERWHELM, AND EXHAUSTION...OR EVEN ON HARD THINGS WE'RE GOING THROUGH IN LIFE...THAT IS WHAT WE WILL CONTINUE TO SEE.

INSTEAD OF SAYING,

"I'M REALLY STRESSED OUT ABOUT _____

"

REFRAME IT BY SAYING,

"I WANT TO HAVE PEACE ABOUT _____

"

NOW, INSTEAD OF CONCENTRATING ON THE CONCEPT OF STRESS + WORRY, YOU'RE CONCENTRATING ON THE ASPECT OF PEACE.

WHAT OTHER WAYS CAN YOU IMPLEMENT THIS CONCEPT?

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6.

journal pages

DO YOU USE THOSE SPARE MOMENTS TO REST? TO READ, GO FOR A WALK, OR DO SOMETHING LIFE-GIVING? OR DO YOU JUST KEEP GOING AND START THE NEXT THING EARLY, HOPING YOU CAN GET EVEN MORE DONE?

WHY IS IT SO HARD FOR YOU TO REST?

NOW THAT YOU'VE DEFINED 'ENOUGH' HOW CAN YOU VIEW REST IN A MORE HEALTHY WAY?

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7.

journal pages

IF YOU HAD A FEW MINUTES IN THE MIDDLE OF THE DAY TO REST, WOULD THAT MAKE YOU FEEL LAZY? MAYBE A COFFEE DATE CANCELLED OR YOU FINISHED A ZOOM CALL OR TASK EARLY.

DO YOU SIT AND USE THOSE SPARE MOMENTS OF MARGIN TO REST?

YES

NO

WHY?

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8.

journal pages

YOU ARE ENOUGH EVEN IF IT'S NOT PERFECT...BUT ONLY GOOD + ENOUGH. YOU ARE WORTHY. YOU CANNOT DO ABSOLUTELY EVERYTHING AND BE SUCCESSFUL. LOOK BACK ON THE FEW THINGS YOU LISTED AND DO THEM WELL. THESE ARE WHAT TO CONCENTRATE ON. EVERYTHING ELSE NEEDS TO BE GOOD + ENOUGH FOR NOW.

WHAT IS THE DIFFERENCE BETWEEN 'GOOD ENOUGH' AND 'GOOD AND ENOUGH'?

WE NEED TO EITHER CHOOSE LESS PROJECTS...
OR HAVE LESS QUALITY.

EVEN WHEN WE THINK WE CAN HAVE IT ALL, WE DON'T:
WORK SUFFERS, RELATIONSHIPS SUFFERS, HEALTH SUFFERS.

PEN DOWN ANY THOUGHTS:

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9.

ANSWER THE QUESTIONS BELOW:

"I DISTRACT MYSELF FROM SLOWING DOWN, BECAUSE:

THIS IS WHAT I'VE JUST LEARNED THROUGH THIS CLASS:

THESE ARE THE WAYS I'M GOING TO CHANGE MY DAILY HABITS:

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10.

journal pages

WE KNOW MULTITASKING ISN'T BENEFICIAL (AND YET WE ALL STRUGGLE WITH IT)!
WHY IS MULTITASKING HARMFUL + HOLDING YOU BACK?

WE KNOW MULTITASKING ISN'T BENEFICIAL BECAUSE WE ATTEMPT TO DO MANY THINGS WHILE
OUR BRAIN SPACE IS FULL WITH OTHER TASKS...
THE SAME IS TRUE FOR REST.

LIST SOME WAYS YOU CAN REST IN THE MIDDLE OF THE DAY:
(REMEMBER, THIS DOES NOT MEAN YOU'RE LAZY! THIS WILL ACTUALLY HELP YOU BE MORE
PRODUCTIVE BECAUSE YOU'RE NOT POURING FROM AN EMPTY CUP!

LIST SOME WAYS YOU CAN REST AT THE END THE DAY:

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11.

journal pages

CONTINUE WRITING!

IN VIDEO ONE, I HAD YOU CLOSE YOUR EYES AND VISUALIZE YOUR DAY. THIS TIME, I'D LOVE FOR YOU TO TAKE A FEW MINUTES AND WRITE DOWN YOUR BEST-CASE SCENARIO OF A TYPICAL DAY!

I DON'T MEAN THAT THE KIDS AREN'T FIGHTING + THERE'S NO MESS TO CLEAN UP. BE REALISTIC, BUT USE THE THINGS YOU JUST LEARNED. HOW CAN YOU PLACE REST INTO YOUR DAY? HOW CAN YOU START YOUR MORNING IN A BENEFICIAL WAY SO YOU'RE NOT IMMEDIATELY ZOOMING AROUND EXHAUSTED + OVERWHELMED? DO YOU NEED TO RISE A LITTLE EARLIER FOR SOME QUIET TIME? HOW CAN YOU SAY NO TO THINGS THAT AREN'T IN YOUR 3-5 LIST? HOW CAN YOU BEGIN TO SHIFT YOUR MINDSET INTO 'IT'S GOOD AND ENOUGH'?

SHARE IT ALL (AND ANYTHING ELSE) BELOW!

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12.

journal pages

CONTINUE WRITING!

Ponder + Write

13.

journal pages

CONTINUE WRITING!