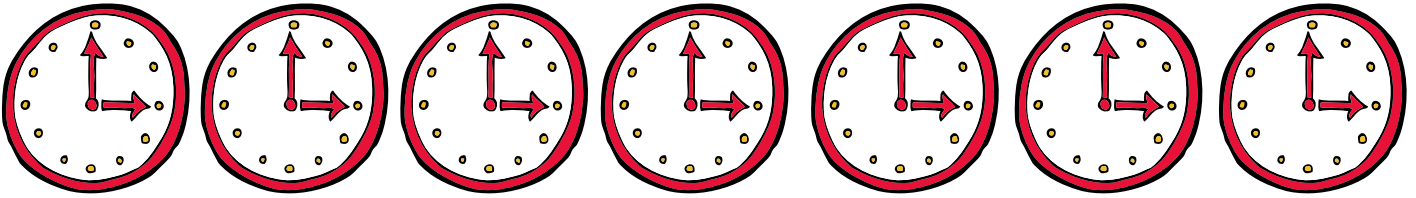


# Leading from Strength, Not Struggle

*Protect your time instead of just managing it.*

There are only 168 hours in a week.

Consider how much time you spend for each category and write the amount in the **ACTUAL TIME** column. Determine how much time to allow for each category in order to REST & REDUCE STRESS. Place in 3rd column.



Activity	Actual Time	Desired Time
Sleep		
Quiet Time/Devotional		
Exercise		
Meal Planning/Prep		
House Management		
<b>REST</b>		
Recreation/Fun		
Family*		
Church/Spiritual Community*		
Civic Engagement*		
Work/Other		

\*-circumstantial



# POSITION OF STRENGTH— ABOVE THE LINE CHECKLIST

Example A

**Love**



**Forgiveness**



**Trust**



**Rest**



**Curiosity**



**Play**



**Fear**



**Unforgiveness**



**Doubt**



**Self-efforting**



**Criticism**



**Perfectionism**



# EXAMPLE B

Circle the competency that best reflects your thoughts or mood at the time of action

## STRENGTH



Love



Forgiveness



Trust



Rest



Curiosity



Play

## STRUGGLE



Fear



Unforgiveness



Doubt



Self-efforting



Criticism



Perfectionism

### From Struggle to Strength Journal prompt

What is another way to see the situation?

What can you say or do next to lead from strength to get above the line?

