

CREATE MARGINS FOR OTHERS WORKSHEET

Create space in your heart & life to spread kindness so you can experience more purpose & meaning in your life.

This worksheet can help you evaluate your schedule, set margins, and prioritize. Intentionally create the margin in your schedule first, rather than just hoping you'll find some later. Take the next 5 days to fill this out this worksheet. Then take the following 40 days to make small changes every day. Taking the next 45 days on these steps will help you become FAT (Faithful, Available, & Teachable) so you can create margins for others.

CREATE SPACE IN YOUR SCHEDULE AND RESPONSIBILITIES

(1) Take 10 minutes and make a list of your activities, responsibilities, commitments, relationships, and things you to maintain and take care of. List as much as you can!

(2) If you are going to create space for others and to spread kindness you have to prioritize. Place a number value on each item of 1-5, of most to least important. This is the hardest part because you have to decide what you'll stop doing or get rid of. What are the 5's that you need to say no to or do less? (i.e. downsize, sell, stop an activity, decrease yard work, shift who you spend time with) Check out these resources for some ideas and encouragement.

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(3) Take 5-10 minutes, list as many things as you can that you are grateful for. What are you thankful for? What experiences, people, opportunities, and blessings do you have? A heart of thankfulness will help you do Step #2 and it will help you with replacing the desire to do more and have more so you can have time and space to spread kindness and love others.

REPLACE THAT SPACE BY PURPOSELY SPREADING KINDNESS

(4) Now that you have opened some space in your heart and life, who can you spread kindness to? Who can you help? (Neighbors, co-workers, in the community, businesses you go to, etc.)

(5) Where & how will you spread kindness to others?

(6) Who do you hang out with that you can repurpose your time so you spread kindness together?

(7) Read Philippians 2:3-4 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

How do you think God wants you to live out this verse? What are those specific changes?