

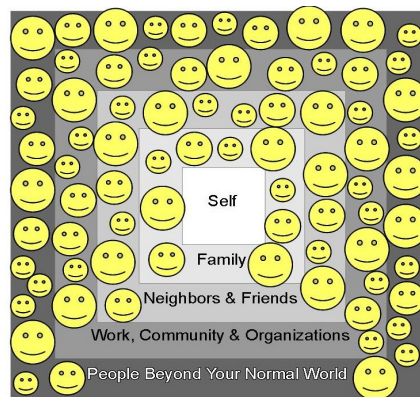
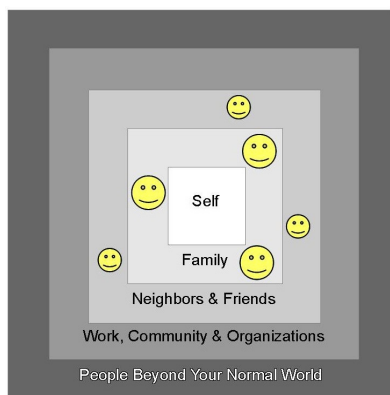
Presentation Notes: Step 1 Make Time



What is a Calling?

The unique way we combine our strengths and passions to impact peoples lives in a way that is:

- Positive
- Focused
- Recognizable
- Long-lasting



Why is a Calling Important?

- Provides meaning and purpose
- Satisfies need to contribute
- Results in good answers to end-of-life review questions: “Did I love people well?” and “Did my life matter?”

7 Steps to Live Your Calling Beyond a Career

Step 1: Make time.

Step 2: Connect to positive inputs.

Step 3: Maximize your energy.

Step 4: Build security at home.

Step 5: Create your Personal Purpose Statement.

Step 6: Learn by doing.

Step 7: Live your calling and refine.

Step 1: Make Time

Set aside 10 hours per week for your calling.

The Candle Problem

Research participants were given a candle, a book of matches and a box of thumbtacks. Their objective was to affix the candle to the wall so it didn't drip on the table then lit

Group A was simply instructed to solve the problem. Group B was offered \$5 if they were in the fastest 25% and \$20 if they were fastest person overall.

Researchers found that working under a time pressure diminishes creativity. Therefore, it's important to allow enough time to think creatively during these steps.

Just Too Busy

There are tons of activities that keep us busy: kids' sports, music lessons, school play, PTA meetings, church youth group, Girl Scouts, Cub Scouts, housework, yard work, home repair projects, Homeowners' Association meetings, Neighborhood watch meetings, holidays, birthday parties, weddings, anniversaries, reunions, buy clothes, cut hair, grocery shopping, doctor and dentist appointments, dog to the vet, groomer and obedience school, overtime at work, business travel, regular commute, pay bills, resolve billing discrepancies, balance checkbook

"Jar of Rocks" Time Management

Put big rocks, important thing, in first, then fill the rest of the jar with small rocks, the less important things. Unfortunately, it's a false analogy.

May need to take out some big rocks and/or re-size the rocks:

- Consider what activities take up more time than they should.
- Consider which activities don't get as much time as they should.
- Be proactive by making decisions in advance.

Rock #1: Screen Time

Many people spend far too many hours on screen time (TV, movies, video games, social media and internet). Since we want our activities to reflect our values, we should be deliberate about screen time, e.g. by keeping it pre-defined amounts of time.

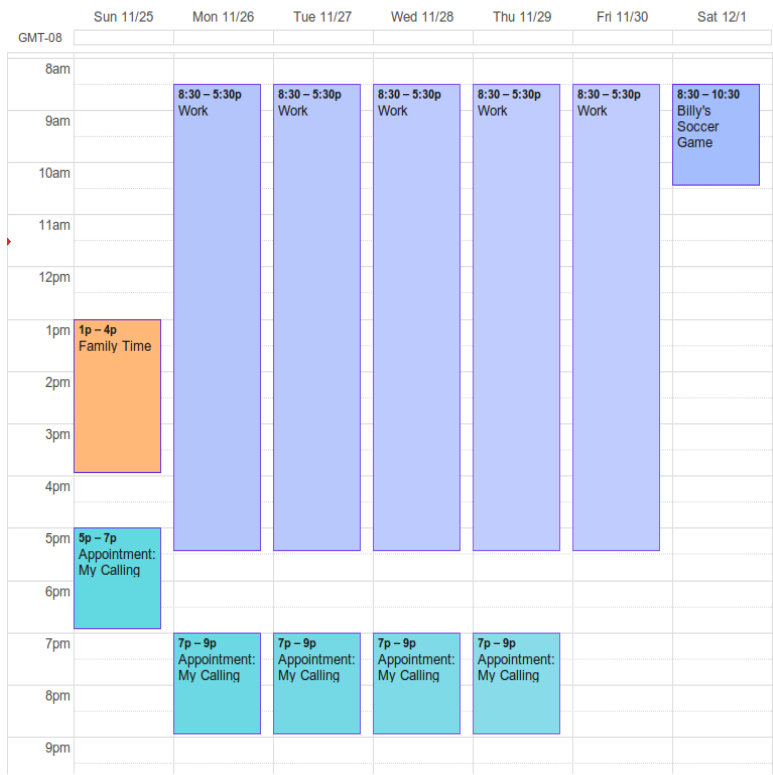
Rock #2: Commitments

We may need to scale back our commitments e.g volunteering, coordinating events or serving on a board or committee. After working through the steps, the activities related to our calling will be more focused and more effective.

Rock #3: Commute

If you have a long commute, look for creative ways to reclaim commute time, like listening to audio books, doing phone call errands and connecting with friends, family, mentor by phone. These activities require advance preparation. Also, using alternative transportation provides more flexibility for multi-tasking

Time Blocking



Using a week-long calendar, fill in “blocks” of time in order to create schedule in advance. The blocks are like rocks in our “jar of rocks” example.

1. Fill in big blocks of important activities first, including 10 hours for activities related to your calling
2. Fill in small blocks of less important activities around the big ones.

Treat each activity like an appointment with yourself and reschedule when something comes up.
