

Many people stress about wasting time, or not getting enough done in a day. They try to go to sleep, but feel unfulfilled by the day, or worse, they feel guilty for not having done anything meaningful. This exercise will help you see how it is small things that you can do with regularity that make life fulfilling. As a faith community, we'd be remiss to not also suggest that you add one prayer to each day.

**Make a list of seven items in each of the following categories:**

**A = SOMETHING FOR YOURSELF**

Examples: Healthy lunch, watch a classic film, take a walk

**B = SOMETHING FOR YOUR SPACE**

Examples: Laundry, clean 1 room, make the bed

**C = MAKE CONTACT WITH ANOTHER PERSON**

List 7 people to see/call/email this week

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**Now keep track over the next week or month. Every day do one, just one, thing each from A, B, & C. Mix it up, so you hit all items in a week. You may simply write the code in the space, for example one day may look like this: A3, B1, C7. After one week, you can add more items to the categories for variety and to expand all the things you are doing this month.**

SUN	MON	TUE	WED	Thursday	FRI	SAT

If you can do even just one thing from each of the three categories, you can lay your head on the pillow that night and feel satisfied about your day.