TIME *MANAGEMENT* WORKSHEET

KINGDOM LIFE BLUEPRINT PROGRAM

KINGDOM CONCEPT

Before completing this worksheet, we encourage you to honestly evaluate how you spend your time. Then use the prompts below to begin to plan a daily, weekly, and monthly routine that incorporates the touchstone and strive practices discussed in this week's lesson.

TOUCHSTONE / STRIVE PRACTICES

MY DAILY PRAYER TIME:

Morning :

Evening :

MY SABBATH DAY:

Day :

Time: AM PM

MY DAILY BIBLE READING TIME:

Time: AM PM

MY WEEKLY BIBLE STUDY TIME:

Day : Time: AM PM

MY WEEKLY REST / HEALTHY LIVING TIMES *(Family times, Exercise, Diet plan- Healthy shopping)*

	Type :	Day :	Time :
(1)			AM PM
(2)			AM PM
(3)			AM PM

MY EXTENDED REST TIME *(When can I have an extended period of rest, reflection, and/or recreation? What will this time look like?*

CREATIVE STRATEGIES / ACTIONS

RECREATIONAL TIME *(What are some creative ways that I can incorporate rest and physical health into my life?)*

IMPACT TIME *(Reach out to people around for encouragement and give meaning to people around----influence your community)*

Community / People Name to Impact :

Frequency *(weekly or daily)* : Day : Time: AM PM

THRIVE / CATCHUP ACTIONS

DISTRACTIONS *(List them) :*

RESOLUTION *(How can you work around distractions?) :*