SPEND LIFE WISELY® PILLAR TALK



Spend Life Wisely Through the Holidays

— PERSONAL GROWTH RESOURCES —

- **Gregg Engle shared:**
  - "Make Time: How to Focus on What Matters Every Day" by Jake Knapp and John Zeratsky CLICK HERE TO VIEW ON AMAZON
  - "Well-being is realized by small steps but is truly no small thing." - Zeno

- **Alyceson-Grace Eke shared:**
  - 50 Journaling Prompts for Self-Love: https://www.silkandsonder.com/blogs/news/50-journaling-prompts-for-self-love

- **Mariann Lawson shared:**
  - "The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World" by John Mark Comer - CLICK HERE TO VIEW ON AMAZON
  - "Corrie Ten Boom once said that if the devil can't make you sin, he'll make you busy. There's truth in that. Both sin and busyness have the exact same effect–they cut off your connection to God, to other people, and even to your own soul…What if the formula "more stuff equals more happiness" is bad math? What if more stuff often just equals more stress? What if more stuff actually equals less of what matters most? Less time. Less financial freedom. Less generosity, which according to Jesus is where the real joy is. Less peace, as I hurry my way through the mall parking lot. Less focus on what life is actually about. Less mental real estate for creativity. Less relationships. Less margin. Less prayer. Less of what I actually ache for? What if I were to reject my culture's messaging, that more/busyness is better, as a half-truth at best, if not a full-on lie, and live into another message?" - **John Mark Comer, from *The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World***

- **More ideas shared during our Pillar Talk conversation:**
  - Stick with your daily routine as much as possible (movement, prayer/meditation, reading, etc.)
  - Consider a digital "sunset" and turn off screens to get better sleep
  - Show love, grace, and patience to yourself and others
  - Regular body and mental check-ins with yourself
  - Organization and planning ahead of time to eliminate the feelings of hurry or anxiety
  - Be your own friend - the same way you love your friends, listen to them, give advice, show patience, and comfort them - do that for yourself too.
  - Don't forget:
    - Small steps lead to big changes
    - Something is better than nothing
    - Progress not perfection

Please share with us your thoughts about the presentation by taking the survey at

Pillar Talk Survey Series

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