

Stress Buster Project: Building Balance into Your Life: Adjusting Your Personal Pace What's Good About Anger? Second Edition by Lynette J. Hoy, NCC, LCPC and Ted Griffin, Editor/writer

Here are some questions to help you begin to prioritize your life and relieve the stress of your pace of life:

1. Is it possible to do all the things I am trying to do in the time I have?

Write down a list of the responsibilities you are performing each week:

Identify those activities which someone could help you with:

Identify the activities which you might not need to do:

2. Why am I trying to do the things I have set out to do?

Of the activities listed above which you might not need to do ask what is the purpose of each:

3. Which of the activities you are engaged in doing do you consider worthwhile? Enjoyable? Profitable? Meaningful?

4. What do I really want to do but never seem to get around to doing?

Something creative, fun, enjoyable?

5. What changes can I make this week?

6. What can I stop doing that is not really necessary to God's goals for my life; is not really something I need to do that accomplishes healthy goals for myself and family?

7. How can I embark on the real goals that I believe God has for me and I never get around to doing?

What goals/activities can I begin to do in which I can use my talents and gifts for God?

Which healthy goals/activities have made me feel refreshed and fulfilled in the past?

Answer the above questions in light of these verses: *"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable- if anything is excellent or praiseworthy- think about such things. Whatever you have learned or received or heard from me, or seen in me- put into practice. And the God of peace will be with you."* Phil. 4:8-9 *"And whatever you do, do it all in the name of the Lord Jesus..."* Col.3:17

8. Make a plan to Reduce the Stress in Your Life this week:

Ask someone to help you with a certain responsibility:

Stop doing something which you really don't need/want to do:

Begin to do one or two activities daily which will help enrich you physically, emotionally and spiritually:

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