Making Room for What Matters

Day 2 | A quiet-time reflection workbook

You do not need to rearrange your entire life overnight. Today is about noticing where your time and energy go, honoring your real responsibilities, and finding a small place to begin.

SCRIPTURE FOR REFLECTION

Read Ecclesiastes 3:1 in your Bible. Ask God for wisdom about what belongs in this season of your life and what may need to wait.

A simple prayer to begin

Lord, help me see my days clearly. Show me what to protect, what I can release, and where I can faithfully make room for what You have placed on my heart. Amen.

Before you write

Find a quiet moment. There are no right numbers or perfect schedules. You can start this workbook before the live session and revisit your answers afterward.

Where Does My Time Go?

Start with your real life, not an ideal schedule.

1. What responsibilities and commitments already fill most of my week?

2. Which parts of my week are truly non-negotiable in this season?

3. When do I usually have the most energy or mental space?

4. What surprised me as I looked honestly at my week?

What Could Change?

Make room without ignoring what matters.

1. What is taking time or energy but is no longer serving this season of my life?

2. Is there one task I could simplify, share, delegate, or do less often?

3. What do I need to keep protecting: rest, relationships, health, work, or care for others?

4. What is one small change I could try for just the next two weeks?

Find Your Starting Space

A small, repeatable opening is enough.

1. What amount of time could I offer consistently, even in a busy week? (15 minutes counts.)

2. Which day or time would be most realistic for that commitment?

3. What might interrupt this plan? What is a gentler backup option?

4. What will I use that time for first: prayer, learning, research, or one practical action?

My 30-Day Commitment

Turn reflection into one doable next step.

For the next 30 days, I will make room for:

I will set aside _____ minutes on _____.

My first small action will be:

After the live session: What did I learn that changes or strengthens my plan?

WANT SUPPORT TURNING THIS INTO A PLAN?

The optional $27 VIP upgrade includes extra live Q&A, deeper planning templates, personal feedback on your plan, workshop recordings or extended replay access, and a final VIP Guide. Bring your real-life questions; you do not have to figure out every step alone.