12 Ways to Lighten Your Load

Galatians 6:9 And let us not be weary in well doing: for in due season we shall reap, if we faint not.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Important** activities have an outcome that leads to us achieving our goals, whether these are professional or personal.

**Urgent** activities demand immediate attention, and are usually associated with achieving someone else's goals.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Get your strategy in place and processes in place

1. Know the Difference Between \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Worry is concocting up all kinds of scenarios and possibilities of all the things that most likely won’t happen while coupled with no strategy or planning to avoid that non-likely scenario
* Concern is being proactive about something that may happen and simply preparing how to limit its impact.

1. Set \_\_\_\_\_\_\_\_\_\_\_\_ (Know Your Strengths and Weaknesses)

* Recognize your own limitations and recognize your strengths.

Then spend more time doing what you are stronger at

* Don’t try to do everything yourself. What are things and responsibilities that others around can share.
* Recruit others to help you

1. How Do You Want To Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Psalms 127:2 *It is* vain for you to rise up early, to sit up late, to eat the bread of sorrows: *for* so he giveth his beloved sleep.
* Mark 6:31 And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   * Take inventory of what makes you feel stressed, frustrated, drained, messed up, whatever and change it!
2. Learn to Say \_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* It’s not good for man to be alone.
* Ecc 4:9-12

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Engage in Hobbies and Activities you enjoy and make them apart of your life not something you trip into

1. Renew

* Ephesians 4:23 Instead, let the Spirit renew your thoughts and attitudes.
* Matthew 11:28-30 “Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”