

# Simplify: Practices to Unclutter Your Life and Soul

Based on the book by Bill Hybels

## Exhausted to Energized: How full is your bucket?

Bucket Assessment



Action Step: Identify your bucket fillers

- Who are the replenishing people in your life?
- What are the replenishing dynamics in your world?
- What are the replenishing activities in your world?

## Overscheduled to Organized: Harnessing the power of your calendar.

Action Step: Write a Bucket Filler-First Schedule

- The bucket filling people and activities should be reflected in your calendar and be given LIFE SUSTAINING priority and importance.
- Share your calendar/schedule with an accountability partner to protect you from priority drift!

## Restless to Fulfilled: Refining your working world.

TRUTH: You will spend roughly one-third of your life at work. It WILL affect the quality of your life...every part!

### Action Step: Assess Your Alignments

1. Passion Alignment: Does your job fit your area of passion? If not, what can you do to bring it into alignment?
2. Culture Alignment: Is the culture of your workplace life-giving to you?
3. Challenge Alignment: Are you above or below the AC+ challenge?
  - a. Under-Challenged – little or no level of resistance or challenge=boredom/wandering/restlessness/lack of purpose
  - b. Appropriately Challenged – comfortable, easy, auto-pilot=self-reliance, isolation, complacency, failure to thrive
  - c. Dangerously Over-Challenged – unrealistic expectations, over-committed, under equipped = stressed out, overwhelmed, depressed, afraid, anxious
  - d. Appropriately Challenged-Plus – this ideal place lives between appropriately challenged and dangerously over challenged=excited, dependent on God and teammates, must work to keep up, but are not drowning. Feeling the burn, but not destroying the muscle!
4. Compensation Alignment: If pay and passion are not aligned in your current job, which solution would lead to the best situation for you?
  - a. Low Pay/High Passion = Supplement Your Pay
  - b. High Pay/Low Passion = Supplement Your Passion

### **Anxious to Peaceful: Conquering your fears**

#### Action Step 1: Name Your Fear

1. What are your peace busters?
2. Which ones cause the most disruption or destruction in your life? Tackle them first!
3. Replace fear with truth!
  - Self-talk: What strengths do I possess that will help me say no to this fear? What is the logical truth that most people believe about this fear?
  - Faith: What does your faith believe system tell you about the thing(s) you fear? Write them down.
  - Prayer/Meditation: What specifically do you need to help you overcome this fear? What questions do you need answered? Pray/meditate every time this fear rises up.

## **Isolated to Connected: Deeping relational circles**

Action Step: Assess Your Current Relationship Circles

1. List your current "friends". There might be six people or there might be twenty people. This list represents people you know pretty well, socialize with occasionally and would consider a friend-family included. These are the people you do life with throughout the week.
2. List your inner circle. This might include a spouse, adult children, siblings/family, and best friends. This should be a smaller group.
3. List a handful of people you would like to know better because you see potential that this relationship could be meaningful.
4. When do you feel most connected to these relationships? Why?

## **Drifting to Focused**

Action Step: Find Your Life Statement

This is your lighthouse in the darkness, your anchor in the storms of life. It reflects truth that you believe to your core and reflects hope and promise that lifts you out of your circumstances.

## **Stuck to Moving On**

Action Step: Identify Your Season

1. What season are you in?
2. Are you fully engaged in this season? If not, what can you do to embrace this season, good or bad, more wholeheartedly?
3. What are you doing to prepare for the next season?

## **Meaningless to Satisfied**

Action Step: Apply Filters to Protect Your Simplified Life

- Filter 1: Satisfaction: Will this bring true satisfaction in my life?
- Filter 2: Does it align with the purpose for my life in this season?
- Filter 3: Does it help me to live a life of significance?

Sometimes the answer is yes, sometimes it is no, sometimes it is wait, but if we never pause to ask these simple, but crucial questions, balance and simplicity cannot happen.

Action Step: Simplify to Satisfy

What are the things that matter above all else in your life? Write one sentence that describes a life that would leave you satisfied on your final day. Sentence prompt..."I am satisfied with my life when..."

## **The Legacy of a Simplified Life**

You simplify your life for reasons that matter for more than this season and this life...impacts extend into the lives that will come after us.

You intentionally say no to things that clutter up your life, your world, and your heart; to jam-packed calendars, out of control finances, fear and distractions. You turn away from the rabbit trails that would pull you off course from what your life is really all about.

And you say yes to the things that really matter...life family, friends, community, faith, satisfying work and roles that maximize the use of all the gifts and talents that have been placed in you.