

## Life-Giving Activities List Instructions

### 5 Ways to Create and Use Your Life-Giving Activities List

1. *Consider areas of focus and determine where growth is needed.* Areas of focus to consider include physical health, emotional health, spiritual health, and relational health. Questions you might consider to help you evaluate these areas of focus include: How am I caring for my body? How is my sleep? How are my relationships? How is my stress level? In what areas of life do I want to see growth?
2. *In your own words, choose 5-10 areas of focus that will create the main items on your Life-Giving Activity List.* For example, my areas of focus include: Connect with God, Connect with Family, Eat Intuitively, Sleep Well, Have Fun, Meaningful Work, Move My Body, Personal Development, Engage Hobbies/Creativity, Be Generous.
3. *Choose up to 5 life-giving activity options for each area of focus that bring balance and joy to life.* Choose activities you know or suspect will promote your desired growth in each area of focus. You do not need to complete all of the activities each week but instead, choose one or more activities from your list weekly to help you grow in each area of focus. On my list, under Connect with Family my activities include family table dinners, family game night, movie night, date night. Under Connect with God, my activities include prayer walks on the beach, participate in worship community, participate in small group, spiritual reading/podcasts.
4. *Post your Life-Giving Activities List in an easily accessible location.* Put the list in your phone notes and consider posting a hard copy in your home. I like posting my list on the bathroom mirror where I see it throughout the day.
5. *Create a consistent weekly time to use your Life-Giving Activities List for a personal growth check-in.* Set aside 10 or more minutes to reflect on the prior week. Notice how many of your 5-10 areas of focus you engaged over the past week. Notice which areas you might be avoiding and consider why. Notice which activities have brought you the most joy and meaning. Notice if you felt a sense of healthy, balance or a sense of exhaustion and chaos. Consider how you will adjust your activities in the coming week. You may want to schedule your life-giving activities into your calendar so they will actually happen.