

Sometimes even when we plan and show up things don't go the way we want.

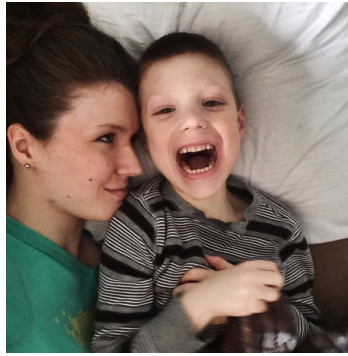
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One of the best tips I ever heard about balance was to evaluate a whole week instead of just a day. A day is not an accurate measurement of what you do with your time or where it should be going. You might end up off track because of situations you can't control- illnesses, emergencies, nice surprises by a friend. But if you look at the course of a week you can see where you are spending your time.

If there is something God wants you to do- write, paint, play, build, bake- you can probably fit it in at least once a week. Although every day may be ideal for habit and skill development it simply may not be realistic. But once a week? We can all find an hour in that week somewhere.

Maybe you need to get up early one day a week. Or turn off Netflix for one evening. Maybe having to drag out your supplies and equipment discourages you and you can keep a nice basket on a shelf in the closet or in the corner of the living room. Maybe you never know where to start and you need to make a list of project steps. Then when you have twenty minutes you can tackle the first step.



Sometimes when I want to start something with my kids it seems overwhelming. I think that if I don't do it every day it doesn't count. But it does. My kids will remember baking cookies every Saturday (and they'll still learn how to bake even if it's not every day). My kids will remember going to the library on Friday morning or the park Wednesday afternoons. They will remember painting on Tuesdays or playdough on Thursdays.

What's one thing you've wanted to do with your kids that you haven't started because it never seems to fit in your daily schedule? You just see dishes and laundry and errands and diapers when you look at your day so look at your week. Find that slow day, that slow winter evening, and pencil it in there. Gather what you need beforehand, turn on some fun music, and sit down with your kids.

Of course the hard thing is that sometimes even when we plan and show up things don't go the way we want. We get interrupted. The kids fight. The words won't come. Don't let that discourage you. Just show up the next scheduled time and do it again. Evaluate, make some changes, regroup. We don't have to keep doing the same thing if it's not working but we don't have to quit either.

Hit reply and tell me what one thing you're going to plan for this week. I'm going to pick a night to paint. I've gotten out of the rhythm this month and I want to slide back into it.

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