

# *the* **STOP DOING** **LIST**



SHE WORKS HIS WAY

# *the* **STOP DOING** **LIST**



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We are often given a laundry list of what we should be doing in our homes, businesses, and careers -- but how often do we evaluate those things to determine if there is something we need to stop doing? Most of the time, what works in any area of life (*outside the foundational Truths of God's Word, of course*) even just one year ago, need to be adjusted for maximum effectiveness. So that's what this resource is for: to help you develop your STOP doing list! (*It's even better when used in conjunction with Somer's class which you can find in your class library: **The Stop Doing List!***)

## EVALUATION

What tasks feel like an interruption?

What responsibilities often divide my attention?

What am I always late to/on?

Which of my home habits put stress on my family?

Which of my work habits puts stress on my colleagues/team?

Which of my home habits put stress on me?

Which of my work habits put stress on me?

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## REMINDERS

Who am I here to please?

What is my ultimate purpose?

How am I using my unique gifts and abilities to live that purpose out?

What happens when I add to, or deviate from, God's plan for my life?

What did I do today to put God first?

What did I do today that showed my family they are second only to God?

What did I do today in my work that honored my family and gave God glory?

WHAT NEEDS TO STAY?	WHAT NEEDS TO STOP?	WHAT DO I NEED TO START?

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