

3 STEP PLANNER

Somer Phoebus

All quotes are from Somer Phoebus unless otherwise noted.

We all feel like it needs to be more comfortable.

We feed our doubt and insecurity with more instead of less.

We overcomplicate everything.

Matthew 6:33

- God first
- Family second
- Work third

All of them with excellence.

Jesus knew proper order was the answer to reduce anxiety and overwhelm.

Family second and work third come naturally when Jesus is first.

What matters most is different and unique to each of us, but generally it's the same: love God and love others. Mathew 22 - the greatest commandment.

Just because we could doesn't mean we should.

Seek God first.

Pray that the Lord would increase your capacity. - Sally Clarkson

Boundaries shouldn't be our default. "Increase our capacity, Lord" should be our response first.

5 non-negotiables (for Somer)

- weekly sabbath
- fun
- daily Bible reading
- getaway w/ husband
- go outside everyday

Simplification starts with your soul and then moves to your schedule.

Step 1: Brain Dump

Step 2: Categorize

Step 3: Schedule

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Being filled up from Jesus is the easiest time for surrender.

Brain Dump: Surrendering everything that is inside your head.

Zero rhyme and zero reason.

Surrendering your time gives way to increased capacity.

Categorize:

Confirmation of your callings.

It matters that you show up.

Technique matters.

Essentialism and Effortless - both by Greg McKeown

Big things that cannot be accomplished in a week - put them in Projects

Schedule It:

Ministry in action. Love + make disciples.

Day to day also ends up being your accountability.

Accomplish what you need to accomplish.

Decisions go hand in hand with problem solving.