



# Seasonal Planning

*"I've often found myself with many useful activities and events to choose from in a given week. All good, but not all good for me. Previously, I would have tried to do each one, but I have learned to make hard choices. Just as an athlete has to choose a limited number of races to run in, we must pick our races, space them out, and allow for recovery time. That way, we run with vigor and purpose instead of with lethargy and leaden legs. Our aim is to excel in a few areas rather than fail in many."*

*Refresh, Shona and David Murray*

*"Of all the commandments, which is the most important?" "The most important one," Jesus answered, "is this, 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."*

*Mark 12:28-31*

1. List each person you are planning for. We plan for everyone living under our roof.
2. List the following categories under each person. Next to each category, list what is already on the calendar that fits each category or list what you plan to add for the next season.
  - Personal Spiritual and Church
  - Physical
  - Relational: Family and Friends
  - Work and Service
  - Rest
  - Other
3. With the Lord consider:
  - What is unique about the next season for each person? (3-4 months)
  - What are the current strengths or weaknesses in their life?
  - Is there something to honor or celebrate?
  - Is there something to prepare for?
  - Is there something to cultivate, remove, or delay? Is one area too time-heavy and another too time-weak?
4. After considering, write down loose seasonal goals.
5. Open the calendar. What can you add or remove from the calendar to invest in those goals?
6. Review your plans. Did you leave appropriate margin?

