

21 Days to UnhurryUp Your Hustle - *pause, pay attention, play*

WHAT I HOPE YOU'LL GAIN

This course is designed to help you unhurryUp! Your Hustle - not in big, audacious ways, but in the little moments that make up your day. Hopefully you'll gain some momentum as you integrate in some little, manageable mini-habits (pauses) into each day.

PRE-WORK

Before you begin, take some time to write a few things down - feel free to download and print this or just use the prompts in your own journal.

1. What prompted you to say yes to this “unhurryingUp your Hustle” course?

2. What are the elements of your life that feel too busy, too frenzied?

3. What is one thing you hope for as a result of this course.

TWO DAILY ACTIVITIES

1. *Every morning set a timer for one minute and write out things for which you are grateful.*

There are all sorts of benefits to gratitude - you can just type “benefits of gratitude” into your favorite search engine and see the wealth of physiological, psychological and relational boosts that happen when you practice giving thanks. So - if you do nothing else along the way, this one thing helps you to focus your energy on abundance as opposed to scarcity at the beginning of the day.

2. *Every evening right before bed, take 3 deep breaths and say to your soul, “I want to awaken reFreshed and ready for my day tomorrow.”*

Before you go to bed, think of the ways that you want to enjoy your life tomorrow - the ways that you’ll want to pause, or pay attention or play or connect or rest or enjoy God’s world. What is one thing that you can look forward to intentionally doing (including rest, creativity, going outside, moving your body, seeing a friend, etc) tomorrow.

As you begin falling asleep, tell yourself that the world is in God’s hands, and that tomorrow you want to wake up reFreshed and ready for the day. Imagine yourself getting out of bed in the morning with readiness and curiosity. And notice if it makes any difference for you.

Daily Gratitude and Morning Moods

	<u>Morning Gratitude</u>	<u>Evening Intention</u>	<u>Morning Mood</u>
Sample	<i>I'm grateful for the sunshine, my critters, a warm cup of tea, the morning quiet, that I have a roof over my head and that I get to see my best friend for coffee today...</i>	<i>I want to awaken reFreshed and ready for my day tomorrow.</i> ✓	<i>A little weary because of a late night - stayed up to late watching Netflix. But I'm looking forward to my day and slept okay.</i>
Day 1		I want to awaken reFreshed and ready for my day tomorrow.	
Day 2		I look forward to awakening reFreshed and ready for my day after a good night's sleep.	

	<u>Morning Gratitude</u>	<u>Evening Intention</u>	<u>Morning Mood</u>
Day 3		I'm grateful that I get to sleep now and want to awaken reFreshed and ready for my day tomorrow...	
Day 4		<i>Feel free to substitute any other wording which feels authentic for you as you continue with this evening practice.</i>	
Day 5			
Day 6			

	<u>Morning Gratitude</u>	<u>Evening Intention</u>	<u>Morning Mood</u>
Day 7			
Day 8			
Day 9			
Day 10			

	<u>Morning Gratitude</u>	<u>Evening Intention</u>	<u>Morning Mood</u>
Day 11			
Day 12			
Day 13			
Day 14			

	<u>Morning Gratitude</u>	<u>Evening Intention</u>	<u>Morning Mood</u>
Day 15			
Day 16			
Day 17			
Day 18			

	<u>Morning Gratitude</u>	<u>Evening Intention</u>	<u>Morning Mood</u>
Day 19			
Day 20			
Day 21			

As you look over your chart - what general observations can you make? What patterns did you discover about your moods, rhythms, favorite ways to pause, pay attention and play?

What was most useful for you that you want to continue?

What was least useful for you that you do not want to continue?