GUIDE TO INTENTIONAL LIVING

DAY 9: KNOW WHAT TO PUT IN YOUR CALENDAR FIRST



30DayJourney®

- **Watch:** Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.
- **Think:** Look at your calendar from the last week, month and year. How much time did you give your family? Was it enough? Were you intentional with the time you gave your family, or did you simply stay busy?
 - **Do:** Make a list of weekly, monthly, and yearly activities you would like to do with your family. These can include date nights, kids' ballgames and concerts, regular breakfasts or lunches, and vacations. Block off the time in your calendar for the coming year. Then protect those times as vigilantly as you do your most important appointments.
 - **Tell:** Show a member of your family, such as your spouse, your newly-marked calendar. Share your commitment to keep these most important appointments on it in the coming 12 months. You can also click to share today's big idea on social media:

If you put your family in your calendar first, the most important people in your life are never stuck with getting the leftovers of your time.



