

# Do Day Worksheet



For the past two days, we've mustered up the courage to delegate and dismiss a few of the items on our list. We have let go of what God has *not* asked us to do, so we can shine at what he *has*.

As you've spent some time with your BrainDump List, has it become clear to you which tasks are actually yours to do?

**If not, take some time to run a few tasks through the Do, Delegate, Dismiss Flowchart.**

I'm guessing that some of the items on your "do" list bring you joy, but there are probably others that you don't particularly enjoy – yet they must be done. **Categorize those below.**

Let go of what God has *not* asked you to do, so you can shine at what he *has*.

Things I love to do

Things I tolerate

Things I don't enjoy at all





One thing I learned as I went through my own analysis, is that I can't delegate or dismiss simply because I hate something. For instance, I despise tracking business expenses, but it's a part of the job.

**Read the following verses and then use your journal to record any observations you have about the work you love to do, and the work that you don't particularly care for.**

1 Corinthians 15:58

Colossians 3:23

Psalms 90:17

Proverbs 16:3

Genesis 2:3

Your labor is not in vain. God is strengthening you to do what he has called you to do – to shine where he has called you to shine.

**Re-read these verses that we read on the first day, and fill in the blanks (Hebrews 12:1-2, NIV).**

Therefore, since we are surrounded by such a great cloud of witnesses, let us \_\_\_\_\_ and the sin that so easily \_\_\_\_\_. And let us \_\_\_\_\_ the race marked out for us, fixing our eyes on \_\_\_\_\_.

**Circle the words “run with perseverance.”** Now that you have let go of what God never intended you to carry (by delegating and dismissing), *you have the strength to run with perseverance*, doing what God has designed YOU to DO -- no more and no less!





Where will we get such strength? **Read 1 Peter 4:11 (NIV) and fill in the blanks.**

If anyone speaks, they should do so as one who speaks the very words of God.

If anyone serves, they should do so with the \_\_\_\_\_  
\_\_\_\_\_, so that in all things God may be \_\_\_\_\_  
\_\_\_\_\_. To him be the glory and the power for ever and  
ever. Amen.

**In the above verse, who provides the strength? And whose name will be praised as a result?**

Friend, when you do the things that God has called you to do – the things you love and the things you *don't* love – you are empowered by God, and his great name is glorified. Your labor, dear one, is not in vain.

**Fill in the blank of this prayer.**

*“Dear Lord, give me the strength to run with perseverance in this area of my life:*

\_\_\_\_\_.”

As you end this day, may you find strength in these words from Zechariah 4:6:  
“Not by might nor by power, but by my Spirit,” says the LORD Almighty.

As you complete your tasks today, know that you are partnering with God in what *he* has asked you to do. **Take a moment to share with a Teammate (or in our Busy to Best Challenge Facebook group) any observations you've made as a result.**