

BrainDump Day Worksheet



How pervasive is busyness in our culture today?

Do you feel busier, or less busy, than you did six months ago? A year ago? Ten years ago? Explain.

When was the last time you felt frazzled on account of all you believed you needed to do, oversee, or manage?

On the continuum below, how likely do you think you could move from busy to best in one week?



What is the biggest obstacles in front of you that could keep you from moving from busy to best? Write a prayer here, or in your journal, telling God about it.





Mark an X beside any area that makes you feel especially stressed, busy, or overwhelmed. Then, circle any words that make you feel especially peaceful – areas where you feel you are achieving a state of “best.”

- | | |
|--|---|
| <input type="checkbox"/> Job responsibilities | <input type="checkbox"/> My attitude |
| <input type="checkbox"/> My thoughts | <input type="checkbox"/> My future |
| <input type="checkbox"/> My husband/boyfriend | <input type="checkbox"/> Upcoming deadlines |
| <input type="checkbox"/> My friends | <input type="checkbox"/> My house |
| <input type="checkbox"/> Current projects | <input type="checkbox"/> My health |
| <input type="checkbox"/> Finances | <input type="checkbox"/> My reactions |
| <input type="checkbox"/> What I eat | <input type="checkbox"/> What people think of me |
| <input type="checkbox"/> My current level of self-care | <input type="checkbox"/> Decisions affecting my extended family |
| <input type="checkbox"/> My thoughts | <input type="checkbox"/> My schedule |

On this worksheet, or in your journal, elaborate on at least one area that you put an X by -- an area that has you feeling especially stressed and BUSY these days. And then, elaborate on at least one area that you circled -- an area of your life that makes you feel especially peaceful, at your BEST.

Where do you sense God at work in both of these situations – the busy ones and the best ones?

Go back to the Control Code Continuum that you reviewed yesterday (It's in your folder). In which zone did you land? What would it take to move to a healthier zone? Or, if you are already in a healthy zone, what would it take to stay there?





Consider the question asked during the group session yesterday: “Do you think busyness is more about our choices, or more about our circumstances?” If you are like most people, your personal level of busyness is a result of both uncontrollable circumstances and personal choices.

Here are three **circumstances**, out of our control, that create busyness.

- Seasonal demands
- A requirement of the job
- The fact that no one else can do it

Yet, you probably have also *chosen* to take on more than you should, for various reasons. Here are three personal **choices** that lead to busyness.

- Worry over what people will think of me if I don’t do it.
- Habit (I’ve always done ____, so I feel I must continue.)
- Concern that I’ll disappoint someone if I say “no.”

In each of these columns, identify circumstances that have led to your busyness, as well as personal choices that have led to your busyness.

Circumstances

Choices





As you review your two lists, how do you sense the Holy Spirit speaking to you?

Friend, we are on a journey where we will leave behind BUSY in exchange for BEST. Hebrews 12:1-2 gives us a clear picture of what this looks like.

Read Hebrews 12:1-2. Fill in the blanks (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 _____.

Pause for a moment on these words: "Throwing off everything that hinders." What is hindering you in the race that God has set before you?

For a woman with too much on her plate, throwing off "everything that hinders" looks a lot like moving from busy to best. You unload what's no longer yours to carry, and move forward with the best. You discard what *isn't* yours to carry, so you can hang on to what *is*. How can you run *your* race today?





“Let us strip off every weight that slows us down: our sin, our pride, our false sense of control, our need for approval, our badge of busyness, our belief that it’s all in our hands. And then we can rise up with endurance to run the race God has set before us.” ~ *It’s All Under Control*

Take a look at the BrainDump list you made yesterday. Do you sense that there are items on your list that hinder you from running the race marked out for you? You don’t need to take any action on those items now. We’ll get to it. But if you sense that you need to change something soon, take a moment to jot it down in your journal.

Great work! You’ve taken a key step toward moving from busy to best. Be ready to start making changes during tomorrow's exercises! Rest in the assurance that God knows how to help you make those changes. He knows what it takes to move from busy to best.

Read Isaiah 48:17 (NIV) and fill in the blanks:

This is what the LORD says—your Redeemer, the Holy One of Israel: “I am the LORD your God, who teaches you _____
for you, who directs you in the way you should go.”

Friend, the Lord will teach you "what is best." He can move you ... *from busy to best.*

Be sure to join Jennifer in our private Facebook group for The Busy to Best Challenge. She’ll be there daily via Facebook Live, encouraging you and praying for you.

