

10 Reasons You Might be too Busy

Circle the numbers that explain you below.

1. My calendar is packed with activities.
2. We eat out more than we eat around our kitchen table.
3. My house is always a mess.
4. I'm irritable ALL THE TIME.
5. My husband and I haven't enjoyed time alone together in weeks.
6. Mom-guilt is something I struggle with.
7. Chaos is my closest friend. What is peace?
8. My kids are no longer on any kind of bedtime schedule.
9. I've been wishing away time.
10. My time alone with God is not happening.



If You Circled

0 - 3

Congratulations, you're doing better than you thought.

But, how's your time with God? If you're going to begin anywhere, this is the place to start. After all, He created time, so He can help you with it. Ask Him for wisdom to make the right choices for your time with your work, with your kids, and especially ways to find time alone with your husband. A marriage is only as strong as the marriage inside it--and time together helps you make it stronger.

4 - 7

You're probably wondering just how you got into this mess?

The kids are almost as out of control as your schedule and your exhausted. Time to grab a girlfriend and ask her for a little accountability. Make a list of what is a necessity and what is a want for your time. Begin removing a few of those wants like playdates and every birthday party your child wants to attend. They will be fine if they play at home over the weekend.

I promise.

8 - 10

You're in need of a very big hug.

It's time you learn how to pucker up and say no. Stop trying to please everyone. You never will. Your life is speeding along like a freight train and eventually you're going to crash. Look at that calendar of yours and let your family know there are a couple of things each week you're going to cancel and that's okay. Your family will survive, but you may not if you don't make a few changes now.

