

Beauty for My Ashes

STUDY GUIDE

Chapter Three

Video Questions

1. When we are unsure of what lies ahead, we must do what we _____ to do.
2. In times of transitional seasons, we must figure out what our _____ responsibilities are.
3. When we experience transition, it is good to sit down and reevaluate our _____.
4. What are my basic _____ and _____?
5. It's okay to step back for a _____.
6. _____ on the basic priorities and responsibilities.
 - If you have a spouse and/or are raising a family, they should always be considered as one of your priorities
7. You can begin to add tasks as you're _____.
8. Be able to _____ and _____ as needed.
9. Don't be _____ about going back to the basics.
 - Remember, this is only for a season

Questions for the Week

1. When is the last time you sat down and reevaluated all of your current commitments and responsibilities?

2. Typically, there is a specific time frame for our commitments (i.e. six months, a school year, a sports season, a quarter, one year). Write down your current extra commitments (it may be something from work, school, church, volunteering, a project) and the time for which you committed.
 - Have some of your commitments expired? If so, are they something you would like to recommit to or step back from?
 - This is a helpful tool to use every 6-12 months to assure that you are not over-committing and getting out of balance.

3. Is it difficult for you to “go back to the basics” for a season of time? Why or why not?

4. Have you ever taken on a task or commitment, and like the hamster analogy, gotten off balance in life? How will you choose to respond if this occurs?

5. We must remember that going to the basics is only temporary. It’s good for us to continue to dream and look ahead. List three tasks or commitments that you would like to pick up again or for the first time as you are able.
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