

Get It Done girl!

Selah Sunday!

Productivity Process

The word Selah is in the Bible more than 70 times. It is a pause to ponder. Taking Time on Sunday to review the past week then plan for the coming week will help you maximize your time, energy and enjoyment. Find a comfortable place and use this worksheet to prepare your heart for the path God has for you:

Praise: List off the good things you accomplished, answers to prayers and things for which you are grateful.

Pray: Record the items or people you are carrying on your heart. In prayer, place these burdens in God's care.

Ponder: What obstacles did you overcome? What adjustments did you make or do you need to make to better succeed in God's calling?

Power Up: Choose a verse and/or quote that will be an inspiration to you in the coming week.

Plan: Jot down priority tasks, activities and appointments that need to be prepared. Then block out the time to accomplish these priorities.

Party! Write down your "big win" of the last week. Select a simple way to celebrate the goodness of God. This celebration can be as simple as listening to a favorite song or taking a nap or a sunset stroll.