

The Genesis Way

Week 5 Worksheet: Fill It Blueprint

Living Full, Not Busy

God never shapes space without intending to fill it and neither should you. This worksheet helps you intentionally place the right actions into the right spaces of your life—so fruit replaces frenzy.

STEP 1: REMEMBER THE ORDER

Before you begin, pause and reflect on the process:

- **Dump It** – everything is on paper, so you can see it
- **Shape It** – you have set rhythms and boundaries (separating and gathering) into place so that you know when you will give your attention to something
- **Fill It** - Now I will intentionally fill the space I've prepared. Filling is not about doing more. Filling is about obedience. Follow the rhythm you set.

STEP 2: FILL EACH SPOKE WITH INTENTION

(Choose ONE clear, specific action per category)

1. SPIRITUAL

What space has been created for your walk with God?

What will you intentionally place there?

- **Specific Action:**

- **Frequency / When:**

Example: Read Psalm 1 and pray for 5 minutes each morning before checking my phone. Read the chapter in Proverbs each morning that corresponds the date.

2. FAMILY

Where can you replace proximity with presence?

- **Specific Action:**

- **When / How Often:**

Example: One distraction-free family dinner each week. No phones.

3. CAREER / CALLING

What assignment is God asking you to focus on—not everything you could do?

- **Specific Action:**

- **Deadline or Time Block:**

Example: Complete the proposal by Wednesday at noon.

4. PHYSICAL

What intentional care will you give your body this week?

- **Specific Action:**

- **When:**

Example: Walk 20 minutes after lunch on Monday, Wednesday, and Friday.

5. MENTAL

What will you fill your mind with on purpose?

- **Specific Action:**

- **When / Duration:**

Example: Read 10 pages of a leadership or spiritual growth book before bed.

6. SOCIAL

Which relationship needs intentional attention?

- **Specific Action:**

- **When:**

Example: Schedule coffee with a friend this month.

7. FINANCIAL

What small step of stewardship will you take?

- **Specific Action:**

- **When:**

Example: Review bank statements and budget for 20 minutes on Friday.

STEP 3: CHECK YOUR HEART

Answer honestly:

1. Which action feels most life-giving right now?

2. Which action requires the most obedience?

3. What distraction are you choosing NOT to allow access this week?

STEP 4: DECLARATION (READ ALOUD)

I will not fill my life by accident.

I will not confuse busyness with fruitfulness.

I choose to fill the space God has given to me with obedience, clarity, and purpose.

I will live full, and not busy.

REMEMBER

- Filling follows shape and rhythm
- One faithful action is better than ten good intentions
- God multiplies order, not chaos