

The Block System

- A. The Block System is a great starting point for many who struggle with balance.
- B. How does the Block System work? (see page 2)
 - 1. Every week has 21 blocks in it.
 - a) As a follower of Jesus, we always tithe our first block of the week.
 - b) We are left with 20 blocks of time each week to manage:
 - (1) Work
 - (2) Rest
 - (3) Time with family
 - (4) Time with our Lord
 - 2. Allow 10-12 blocks for work.
 - a) This allows for 40-50 hours of "work" each week.
 - 3. The challenge is to set aside 7-8 blocks per week for rest and family FIRST!
 - a) Choose blocks of time to set aside for rest and family.
 - b) Then, fill in your hours of work/ministry.
 - c) If we don't plan for "rest," we will always default to work instead of time with Jesus and our family (or ourselves).
 - d) On weeks when you have a retreat/conference or special event, you will have to plan accordingly (especially if you have 6-8 blocks taken off the top for the event.)
 - 4. How do you work within the blocks?
 - a) Ask yourself: When do I work the best?
 - (1) Prioritize. Do the most important things during your best time of the day.
 - (2) For most people, the most productive time is the first block.
 - b) "The Rule of Three" is a guide for establishing clear priorities for each week and day.
 - (1) Write down the 3 most important things to get done this week.
 - (2) If I could only get 3 things done today, what are those things?

How'd you do last week?

[illegible]

What needs to change?

[illegible]