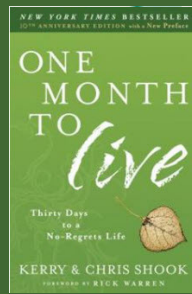


ROSES *and* THORNS BOOK CLUB



Make It Last For Life

DAY 3: Time Squared Spending Your Most Valuable Resource

Keep a time journal this week, and jot down how you spend each day. Try to rate your productivity (what you accomplish) along with your contentment (how you experienced each day). How would you rate the cost-effectiveness of how you invested your time?

What was the biggest time-waster in your past week? What was the payoff for you? Did it distract you, entertain you, allow you to avoid someone? Is there a way to use your time differently and have a greater, more significant impact? Maybe you need to watch less television and to read more, or perhaps instead of surfing the internet, you could go for a walk or get some other exercise. Come up with a shortlist of alternate activities you can pursue the next time you're tempted to waste time by default.

How would you describe your current season of life? Does it feel like you're buried beneath frozen tundra, emotionally hibernating? Or is it more like spring, with signs of new life in view? What does it mean for you to accept and honor your current season?