

Welcome to The Diligent Time Plan!

This exercise will help you to see how much time you actually have in your week.

If you do the exercise and find you have extra hours that are not yet assigned to something, YEA - you have time to build in prayer and Bible study already.

If in fact you find that have "overbooked" your time. Start eliminating the unnecessary.

The unnecessary is anything that God does not require of you and is not required to keep your family clothed and fed.

This is NOT a schedule meant to box you in.

This is an exercise to see how you spend your time.

If you will notice - TV and App time is not on the plan. Maybe, just maybe, those hours you cannot find for prayer and study can be found there.

Once you've done the exercise. Use it to plan a wise day with God put on the schedule first - before ANYTHING else. Then keep that appointment, because He is waiting for you (Acts 17:24-27).

Enjoy!

Angela - The Diligent Woman (reach out anytime at angela@thediligentwoman.com).



The Diligent Time Plan

We all get 24 hours per day - How will you use yours?

Sketch the Week

Start with

168

Time with God

- Prayer Time
- Study Time
- Worship

Time with Family

- Dates with Spouse
- Focus on Children
- Family Fun

Time Doing for Others

Daily To-Do List (Home)

- Chores
- Food Prep
- Vehicle related
- Maintenance/Projects

Daily To-Do List (Work)

- Income Producing
- Administrative
- Projects

Self Care

- Sleep
- Exercise
- Window Dressing (hair, nails, etc)
- Time with Friends

End with

ZERO



The Diligent Time Plan

We all get 24 hours per day - How will you use yours?

Sketch the Day

Start with

24

Time with God

- Prayer Time
- Study Time
- Worship

Time with Family

- Dates with Spouse
- Focus on Children
- Family Fun

Time Doing for Others

Daily To-Do List (Home)

- Chores
- Food Prep
- Vehicle related
- Maintenance/Projects

Daily To-Do List (Work)

- Income Producing
- Administrative
- Projects

Self Care

- Sleep
- Exercise
- Window Dressing (hair, nails, etc)
- Time with Friends

End with

ZERO



The Diligent Time Plan

We all get 24 hours per day - How will you use yours?

Sketch the Day

Start with

24

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time with God							
- Prayer Time							
- Study Time							
- Worship							
Time with Family							
- Dates with Spouse							
- Focus on Children							
- Family Fun							
Time Doing for Others							
Daily To-Do List (Home)							
- Chores							
- Food Prep							
- Vehicle related							
- Maintenance/Projects							
Daily To-Do List (Work)							
- Income Producing							
- Administrative							
- Projects							
Self Care							
- Sleep							
- Exercise							
- Window Dressing (hair, nails, etc)							
- Time with Friends							
End with	ZERO	ZERO	ZERO	ZERO	ZERO	ZERO	ZERO

