

T O D A Y , I W I L L . . .

Remove distractions and do the hard work of decluttering my soul.

I will use technology instead of letting technology use me.

I will be intentional with my time and purposeful with my thoughts.

I will be human and personal in every interaction.

I will prioritize people and be present with my friends and family.

I will find meaning and significance in everyday moments.

I will slow down and embrace the silence where God's voice is found.

I will seek rhythm & rest and I won't forget to make time for what really matters.

Today, and every day, I will move forward with confidence and clarity as I love God and love people — my highest priority.