

Date:

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M T W TH F SA SU

[Challenge: Quiet Time A.M.]

“Put first things first and we get second things thrown in: put second things first and we lose both first and second things.”

– C.S. LEWIS

► CONSIDERATIONS:

What is our first appointment of the day? Whatever we choose it to be, it will set the tone for the entire day. Imagine if it's time filled with noisy distractions and unintentional thinking. Stop to consider the value (or harm) of that first appointment. It can be filled with mindful silence and meant for you, or mindless noise to diminish you. It is like starting a race strong or getting a slow start.

► INSTRUCTIONS:

The point of the challenge is to make quiet time your first appointment of the day. The reason why it's so valuable is that it always gives silence a primary role in your day. Doing this consistently will give you a powerful first step toward noise management and intentional living.

- ▶ Think about your basic current morning routine, from how and when you wake up and what you do for the first 20-30 minutes.
- ▶ Now, think about when the appointment will start. Consider whenever you get up (regardless of how it may differ day to day) and determine how much time you will need to get to your first appointment for quiet time (i.e., only five minutes, or 10-15 minutes, etc.).
- ▶ Set the start time and duration.
- ▶ Do this once a day for a few days.



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► FOR REFLECTION:

Q: *Can you describe how the challenge felt in a few words?*

Q: *What was difficult about it?*

Q: *What was rewarding about it?*

Q: *When does your appointment for quiet time start in the morning and how long does it last?*

