

Legacy PRINCIPLES

of life to be lived, a story to be told . . .

Seasons Conversation with Linda Werner March 10, 2014

*KAIROS Rhythm Strategies – Related to Seasons

- **Release Expectations** – this is the commitment to live well in the current season...not looking back...or wishing to go forward. Depending on the season I must fully embrace where I am..

- **Seize Opportunities-**

Colossians 4:5 Make the most of every opportunity.

I want to look for "Such a time as this" moments...

- **Anticipate what is next** – Anticipation breeds HOPE!

Chronos Seasons- Related to Time

1. Pace Yourself

Must be able to think and see the cycles of activities and then place them in your calendar.

2. Build Rituals

A ritual is a series of actions performed according to a prescribed order.

What are LIFE ENHANCING rituals?

- Begin your day the night before – "The evening and morning were the first day." Gen. 1:5
- Engage in conversations that bring life.
- Family time
- Early bedtime, no TV
- 24 hour Sabbath Rest

3. Oscillate between Work and Rest -Intensity and renewal

Ask yourself, "When am I at my best, and when do I need to rest? "

"Stress is not the enemy, but uninterrupted stress is." Jim Loehr

Truths taken from the book, *Your Life in Rhythm*, by Bruce Miller

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