

First, find a place with few distractions. Second, review the definitions of *busy* and *full*. Third, contrast the feelings you have when living the busy life to the feelings you experience living the full life. Record your thoughts. For example:

Busy	Full
Overwhelmed	Peaceful
Frantic	Fruitful

Finally, consider the impact of the busy life versus the full life on some of your relationships. Describe what these relationships are like when living busy and when living full.

Record your thoughts on the following page. For example:

Relationship with God

Checking the box	Interactive fellowship
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Relationship with spouse

Communicating "data points"	Sharing hopes & dreams
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Try to list three to six descriptions under each section.

BUSY OR FULL?

BUSY

FULL

I feel...

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Relationship with God

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Relationship with spouse

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Relationship with kids

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Relationship with others

<hr/>	<hr/>
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Here is the exercise with common responses from people who live across the country:

BUSY

FULL

I feel...

Overwhelmed
Frantic
Chaos
Distracted
Going through the motions
Resentful
Overcommitted
Exhausted

Peaceful
Fruitful
Content
Fully present
Purposeful
Joyful
Involved
A "good" tired

Relationship with God

Checking the box
Non-existent
Selfish prayers
Shallow

Interactive fellowship
Meaningful
Praise and thanksgiving
Listening

Relationship with spouse

Business partners
Ships passing in the night
Communicating "data points"
Critical

Intimacy
Oneness
Sharing hopes + dreams
Laughing

Relationship with kids

Yelling at them
Fixing their behavior
Rushing them
Annoyed

Expressing affection
Training their hearts
Playing together
Relishing

Relationship with others

Just one more thing I have to do
Another opportunity for guilt

Doing life together
Rich encouragement