

Everyone has the Same  
24 Hours in a Day

Time is Non-Refundable

Use it with Intention

TO EVERYTHING  
THERE IS A  
SEASON  
AND A TIME  
TO EVERY PURPOSE  
UNDER HEAVEN

ECCLESIASTES 3:1

Heavenly

Father,

My calendar is  
too full. Our lives  
are too busy.

Please help me to  
find the ONE

THING worth

being concerned

about.

Amen

Luke 10:41-42



“THE COURSE OF OUR LIVES IS  
NOT DETERMINED BY GREAT,  
AWESOME DECISIONS.

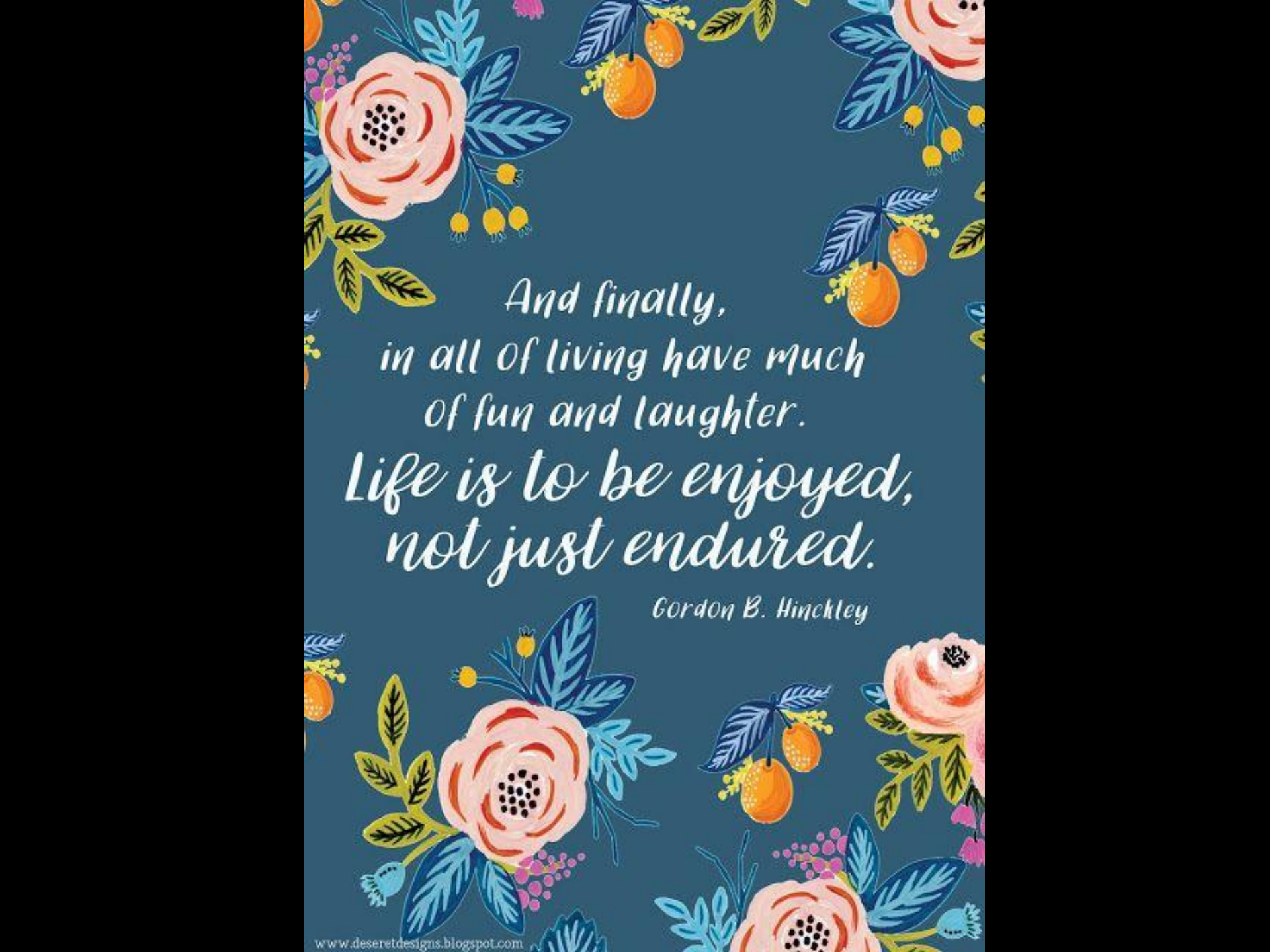
OUR DIRECTION IS SET BY THE  
*little day-to-day*  
CHOICES WHICH CHART THE  
TRACK ON WHICH WE RUN.”

GORDON B. HINCKLEY



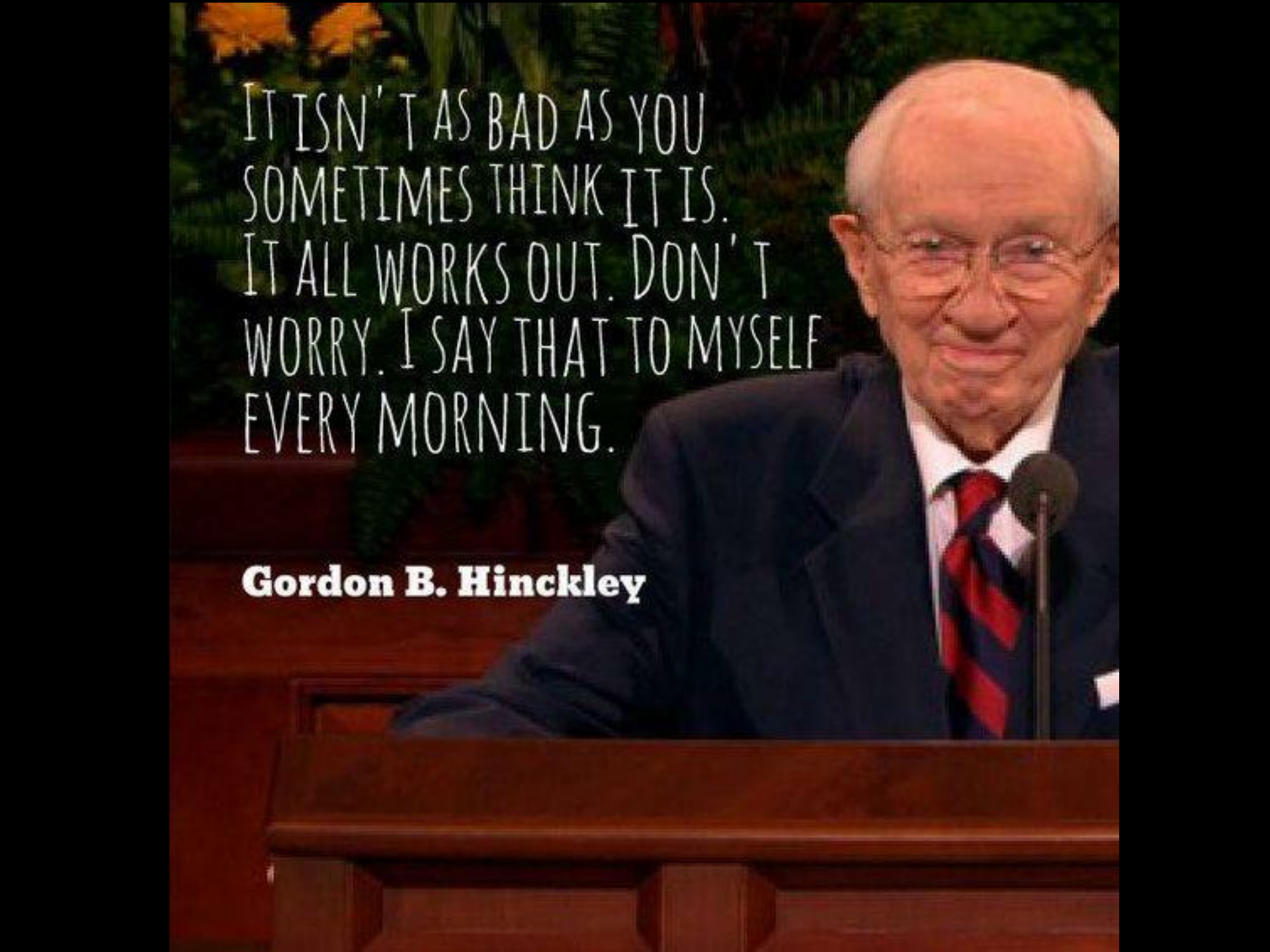
# MY BALANCE WHEEL





*And finally,  
in all of living have much  
of fun and laughter.  
Life is to be enjoyed,  
not just endured.*

*Gordon B. Hinckley*

A photograph of Gordon B. Hinckley, an elderly man with glasses, wearing a dark suit, white shirt, and a red and blue striped tie. He is seated at a wooden podium with a microphone in front of him. The background is dark with some greenery and yellow flowers. The text is overlaid on the left side of the image.


IT ISN'T AS BAD AS YOU  
SOMETIMES THINK IT IS.  
IT ALL WORKS OUT. DON'T  
WORRY. I SAY THAT TO MYSELF  
EVERY MORNING.

**Gordon B. Hinckley**

Pray to know  
what to  
**STOP  
DOING**  
and what to  
**START  
DOING.**

Russell M. Nelson





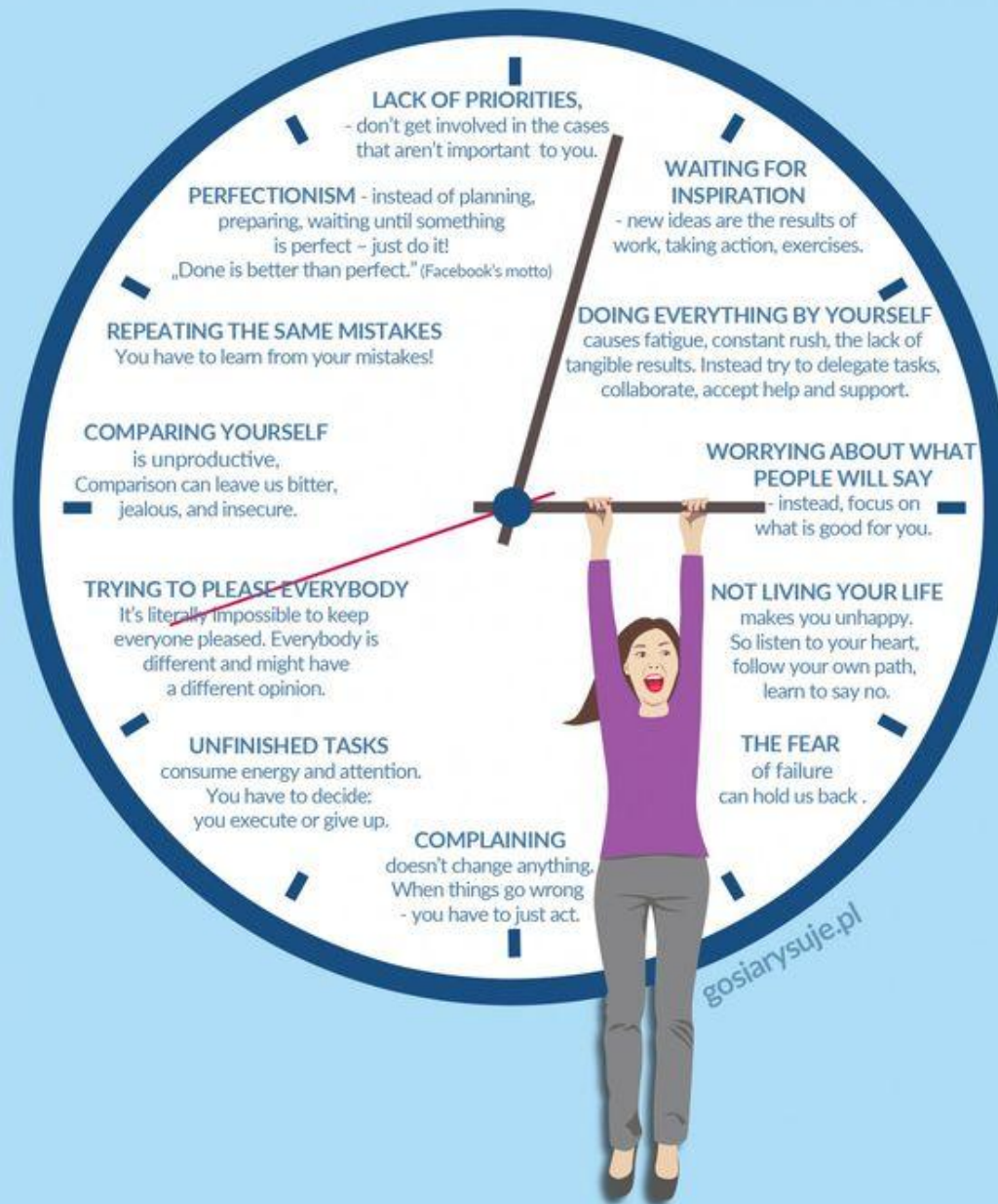
SOME DAYS  
YOU EAT SALADS  
AND GO TO THE GYM,  
SOME DAYS  
YOU EAT CUPCAKES  
AND REFUSE TO PUT  
ON PANTS.

its called  
balance.

the key is not to  
prioritize what's  
on your schedule  
but to schedule  
your priorities.


stephen covey

# 12 TIME WASTERS



"Sometimes you  
don't realize you're  
actually drowning  
when you're trying to  
be everyone else's  
anchor."



A photograph of Dieter F. Uchtdorf, a man with grey hair, wearing a dark suit, white shirt, and blue patterned tie. He is speaking into a microphone at a podium, with his hands raised in a gesture of emphasis. The background is dark.

**"Dear Sisters, many of  
you are endlessly  
compassionate and  
patient with the  
weakness of others.  
Please remember also  
to be compassionate  
and patient with  
yourself."**

**- Dieter F. Uchtdorf**

GUILT IS  
TO THE  
SPIRIT,  
WHAT  
PAIN IS TO  
THE BODY.

Elder David A. Bednar

— *Please* —

DON'T NAG YOURSELF  
WITH THOUGHTS OF  
**FAILURE**

DON'T SET GOALS FAR BEYOND YOUR  
CAPACITY TO ACHIEVE

*Simply do*

WHAT YOU CAN DO

*in the best way you know how*

AND THE **LORD** WILL  
ACCEPT

*your effort*

— GORDON B. HINCKLEY —



*"You are  
worried  
and troubled  
about many  
things.  
But **one** thing  
is needed."*

*-Luke 10:41-42*