

# Making Time for What You Love

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Here are a few questions and resources to help you along the way!

## 1. What is it that I love to do?

Hard question to answer? No worries, maybe this will help:

What really lights you up? What makes you feel more like you once you make time for it? What's something you feel really personally drawn to that would make the most impact for good? Could your childhood self help you answer this one?

## 2. What's one way I could make time for it regularly?

No need to go overboard, just start out small and simple. Is there a specific day you could schedule it in? Could you set up a system to have extra help like swapping babysitting or some other way? Is there something I could say no to so I can say yes to this?

## 3. What can I do to access God's power and grace to help magnify my efforts?

Feeling inadequate, overwhelmed, weak, fearful, guilty or alone?..Then what's something you could do to access God's POWER and grace so he can help you magnify your efforts and feel his spirit when you need it most?

"The more you trust and rely upon the Spirit, the greater your capacity to create."

-Dieter F. Uchtdorf

"When you spiritually stretch beyond anything you have ever done before, then His power will flow into you." -President Russell M. Nelson

# Resources

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Books that have helped us do what we love:

- Big Magic by Elizabeth Gilbert
- Gift from the Sea by Anne Morrow Lindbergh
- Simple Abundance by Sarah Ban Breathnach

Our podcast:

The Progress Project

Instagram:

@jointheprogressproject

Amazing talks you'll want to read, highlight or listen to! Just click on talk to open!

- Happiness, Your Heritage - Oct 2008 General Conference Dieter F. Uchtdorf
- Joy and Spiritual Survival - Oct 2016 General Conference Russell M. Nelson
- Drawing the Power of Jesus Christ into Our Lives - April 2017 General Conference President Russell M. Nelson
- Weak Things Made Strong - 1995 BYU by Carolyn J. Rasmus

Want more? We made an awesome Free guide and worksheet just for you to help you dive deeper and to help you actually take action.

To download or print it just go to our website and click on free guides & inspiration or click on link <https://www.jointheprogressproject.com/free-guides-and-inspiration/>

You got this!

We can't wait to see how you make more time for what you love and connect with God to access his power and grace so you can have more joy, creativity and purpose in your life!



xoxo Laura + Kristin