

Coach Tim's 15 Ways To Check If I'm Over-scheduled

Everyone needs some kind of indicator that tells them to slow down. Here is my 'Life Speedometer' that helps me avoid 'speeding tickets'.

You know you are too busy when...

1. You don't seem to have time to do the things that used to put a smile on your face.
2. You can't remember the last time you heard your spouse laugh (and not at you!)
3. You can't remember where you were the last time you saw your child laugh?
4. You don't have time to read books you love.
5. You haven't had a leisurely conversation with a close friend in months.
6. You can't recall the last time you wrestled with your son on the carpet? Or played make-believe with your daughter?
7. You haven't had a meal together as a family (with no interruptions) for over a week.
8. You are out more than 3 nights a week.
9. You and your spouse haven't had a romantic getaway out of town (without the kids) for over nine months.
10. You don't have a date night at least twice a month. (No kids)
11. Your "yes's" outnumber your "no's."
12. You don't know your wife's favorite perfume, or store or home decorator TV show; or your husband's favorite sports team, store or favorite TV show.
13. You spend too much money; don't have a budget and face rising credit card debt.
14. You haven't identified key values you want to develop in your family and character qualities in your children.
15. You don't have time for accountability and openness with close friends who have earned the right to ask the hard questions.