

The Design Process for Potential Change-Time

Mending the Mind

Belief System Analysis: How do I spend my time?

As I look at where and how I spend my time, I begin to learn a lot at what I find valuable. Time, along with money and energy, is one of the three ways we measure. Everything can be broken down to time, money, and energy. How we spend our time and what we do with our time is one important measure to what we hold precious in our life. What we say and do, our behaviors reflects what we believe.

Examine your beliefs. What do you say and do? How do you spend your time? Where do you spend your time (what doing)? From this you can reason backward or inward to what you hold valuable in your life and therefore what you believe in. For example, if I watch a lot of television it doesn't matter if I say I value television or not, my behavior reflects a belief of the value of television.

*From your Personal Assessment of Potential Change analysis how you spend your time. What do you do on a given day? Do you do the same thing each week or on the same time everyday or on the same day every week or on one particular day of the month? That is what you find valuable. For example, if I pick my son up from school every Friday afternoon and spend two or three hours with him I must think that is time well spent. Therefore I value my time with my son. From there I can determine that I have a **belief** in the value of time with my son. My belief might be expressed this way: I believe it is important to spend time with my son each week. Now if I say that it is important for me to spend time with my son and I don't do it that is not really my belief. I may want it to be my belief, but it is not. I must have a belief in not spending time with my son or in spending time with or doing something else. Therefore, I may have a problem or split between what I say I believe and how I practice my belief. That split can be understood as either incongruence between my belief and my behavior (I am not doing what I believe in) or a split in my belief system (I have two separate and distinct beliefs that produce separate behaviors that may not match and may compete with one another as incongruent). Either way, I have a problem since I am not doing what I believe in. Therefore, I will be upset emotionally in some way. There will be a tension residing within me that I may need to resolve.*

Let's start with how you spend your time. Below make a list of how you spent your time last week and how you are planning on spending your time this week. Go back seven days and forward seven days. On the following page, list your activities and the amount of time you spent doing each. Watch for how much time you spend in each activity. Be honest. Even if you don't believe you should have or want to spend that much time in a specific activity, list the actual amount you did spend. This will help us in further accurately analyzing your beliefs.

Activity (what I did and where I did it) & How much time did it take?

	<u>Example: I went shopping</u>	<u>2hrs.</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____
13.	_____	_____
14.	_____	_____
15.	_____	_____
16.	_____	_____
17.	_____	_____
18.	_____	_____
19.	_____	_____

Use the other side as needed to continue your list if more than twenty items.

From the above list, prioritize the activities by the amount of time spent in a two-week period. Both the time you have spent last week and will spend this week.

For example: My top or first priority by time is my work.

1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____
9.	_____
10.	_____
11.	_____
12.	_____
13.	_____
14.	_____
15.	_____
16.	_____
17.	_____

Use the other side as needed to finish your prioritization.

Now examine your priorities by amount of time. Are you spending your time doing what you want to do? If not, why not? What do your priorities tell you about your beliefs? Do you have competing priorities and therefore competing beliefs?

My Beliefs

As an outsider looking in, if I were to examine my beliefs based on my behavior as if I were trying to determine someone else's beliefs from their behavior I would say my beliefs in order of importance just based on time were as follows:

Example: My work is important to me since I seem to spend the most time there.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

Use the other side as needed to further list your beliefs.

Now let's examine your beliefs

1. *Are you spending time doing what you should be doing?*
2. *Is the time you are spending doing what you desire to do?*
3. *Are you spending your time doing activities you do not want to do?*
4. *Are you spending the right amount of time on the activities you are doing?*
5. *Are you spending too much time on any activities?*
6. *Are you spending too little time on any activities?*
7. *How would you re-prioritize your activities to match your beliefs?*

From the above questions, can you determine incongruence in your belief system? Are there areas where your behavior does not match your beliefs or you have two competing priorities for your time that seem to indicate a split in your belief system?

Belief System Analysis Conclusions:

Example: I am spending too much time watching television and not enough time with my son.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

*From the above conclusions, I can determine I need to make some necessary changes in my life. Either I need to change my behavior to match my belief or I need to change my belief to match my behavior or I need to reconcile my beliefs by reducing or resolving competing behaviors. Therefore, if I were to redesign my time to reflect my true beliefs my schedule might look quite a bit differently than it does now. I may or may not be able to implement my schedule or make all the changes immediately for a variety of reasons, but at least I want to begin to design my schedule the way **I believe** it should be. In addition, look over your material from The Personal Assessment for Potential Change and find any items that require time.*

Be sensitive to the Holy Spirit as you work on your design and let God lead you through prayer and meditation. This is not your final design since there are other factors to consider. This is just where we start in the design for change process. You may or may not implement or desire to implement any changes at the present time.

Redesigned Schedule based on my beliefs (how I want to spend my time)

<i>Activity</i>	<i>Time</i>
<i>Example: Time with my son</i>	<i>4hrs. per week</i>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	

Use the other side as needed to list redesigned activities and time amounts.

How do I feel about the above proposed changes? Do they feel good or cause me distress or discomfort? Stress isn't all bad, but it is not uncommon to feel distress in considering any changes to my routine.
