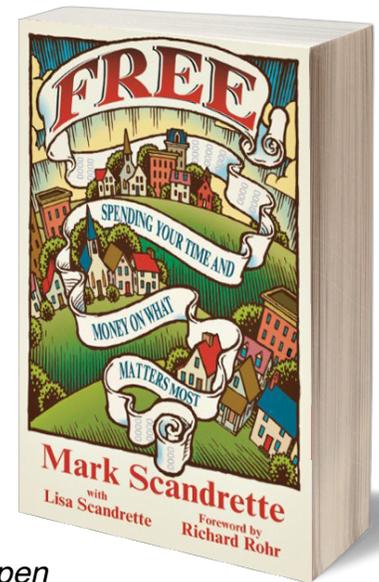


INVITATION TO SIMPLICITY

Spending Your Time and Money on What Matters Most

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“From a spiritual formation perspective, simplicity is leveraging your time and money, and all that you are, towards what matters most. Earnest seekers of the way of Jesus since ancient times have committed themselves to lives of voluntary poverty and service, knowing how easily wealth, pleasure and security can become intoxicating and destructive substitutes for the free and open lives we were created for. We were made for a life of flourishing. We have enough and we can use what we have and who we are to do good. This journey invites us to adopt soul practices like gratitude, trust, contentment and generosity and practical skills like time management, goal setting and living by a spending plan. In this six hour intensive we’ll explore how these inward and outward practice support a lifestyle of simplicity that is good for the soul, good for the pocketbook and good for the planet.”



3 Core Beliefs:

- You were made with a purpose
- You have enough
- You can make intentional choices to use what you have (and who you are) to do good

Seven Steps towards Free:

1. Name what matters most to you.
2. Value and align your time.
3. Practice gratitude and trust.
4. Believe you have enough.
5. Create a spending plan.
6. Maximize your resources.
7. Live generously and spend wisely.

Time, Money and Meaning Self-Assessment

When it comes to time, money and meaning, each of us have *strengths* and potential *growth areas*. As you prepare to take new steps, it will be helpful to value your strengths *and* identify one or two areas that you would particularly like to grow in. Read the following statements and circle the number that best describes your current situation. Please use the following scheme:

1 = strongly disagree 2 = disagree 3 = undecided 4 = agree 5 = strongly agree

Work and Meaning

- | | | | | | |
|--|---|---|---|---|---|
| 1. I feel confident about my purpose in life. | 1 | 2 | 3 | 4 | 5 |
| 2. I can articulate my vision and values. | 1 | 2 | 3 | 4 | 5 |
| 3. I have short-term goals connected to my vision and values. | 1 | 2 | 3 | 4 | 5 |
| 4. I spend my time and energy doing what I believe is important. | 1 | 2 | 3 | 4 | 5 |
| 5. I see how my work contributes to the greater good. | 1 | 2 | 3 | 4 | 5 |
| 6. My work makes me feel vital and energized. | 1 | 2 | 3 | 4 | 5 |
| 7. I know what my talents and passions are. | 1 | 2 | 3 | 4 | 5 |
| 8. I am using my talents and passions for the good of the world. | 1 | 2 | 3 | 4 | 5 |
| 9. I give time and energy to causes and concerns I am passionate about. | 1 | 2 | 3 | 4 | 5 |
| 10. I talk about my life goals and deeper values with those closest to me. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Time Management

- | | | | | | |
|--|---|---|---|---|---|
| 1. I feel good about how I manage my time. | 1 | 2 | 3 | 4 | 5 |
| 2. I am rarely rushed or in a hurry. | 1 | 2 | 3 | 4 | 5 |
| 3. I plan ahead and make the most important tasks my priorities. | 1 | 2 | 3 | 4 | 5 |
| 4. I have a pace of life that is sustainable. | 1 | 2 | 3 | 4 | 5 |
| 5. I have margin in my schedule for the unexpected. | 1 | 2 | 3 | 4 | 5 |
| 6. I get a healthy amount of sleep and rest. | 1 | 2 | 3 | 4 | 5 |
| 7. I take time to exercise and eat well to sustain my physical health. | 1 | 2 | 3 | 4 | 5 |
| 8. I regularly devote time to my most important relationships. | 1 | 2 | 3 | 4 | 5 |
| 9. I have a weekly sabbath practice that is restful and restorative. | 1 | 2 | 3 | 4 | 5 |
| 10. I have a regular practice that helps me be God-conscious and self-aware. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Soul Issues (Gratitude, Trust and Contentment)

- | | | | | | |
|--|---|---|---|---|---|
| 1. I am grateful for all that has been given to me. | 1 | 2 | 3 | 4 | 5 |
| 2. I celebrate and enjoy the abundance I've been given. | 1 | 2 | 3 | 4 | 5 |
| 3. My life is largely free of fear, worry and anxiety. | 1 | 2 | 3 | 4 | 5 |
| 4. I am happy when I see others enjoying their lives. | 1 | 2 | 3 | 4 | 5 |
| 5. I rarely feel stressed out, tired or exhausted. | 1 | 2 | 3 | 4 | 5 |
| 6. I am generally content with what I have. | 1 | 2 | 3 | 4 | 5 |
| 7. I eat only as much as my body needs. | 1 | 2 | 3 | 4 | 5 |
| 8. I don't struggle with being jealous of what other's have. | 1 | 2 | 3 | 4 | 5 |
| 9. Right now I have all that I need to be healthy and happy. | 1 | 2 | 3 | 4 | 5 |
| 10. I believe that God will provide for my future needs. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Money Management

- 1. I have long-term financial goals. 1 2 3 4 5
- 2. I use a spending plan to budget my resources. 1 2 3 4 5
- 3. I have a strategy for managing cash, credit cards and bill payments that works well for me. 1 2 3 4 5
- 4. I only buy what I need. 1 2 3 4 5
- 5. I have a plan for eliminating or minimizing my debts. 1 2 3 4 5
- 6. I save part of my income for upcoming and unexpected expenses. 1 2 3 4 5
- 7. I give away a thoughtful percentage of my income. 1 2 3 4 5
- 8. I feel little stress about my financial situation. 1 2 3 4 5
- 9. My current spending and earning are sustainable. 1 2 3 4 5
- 10. I am able to talk openly and honestly about my finances. 1 2 3 4 5

Additional Questions for Couples and Families

- 11. My partner and I have mutually agreed upon approach to how we budget and manage our finances. 1 2 3 4 5
- 12. My partner and I have a well negotiated understanding of who pay the bills, prepares taxes and record expenses. 1 2 3 4 5
- 13. I feel good about the values and skills I am teaching my kids About time, money and meaning. 1 2 3 4 5

Total: _____

Global Sustainability

- 1. I have make conscious choices to limit my ecological footprint. 1 2 3 4 5
- 2. I have taken steps to lower my utility consumption. 1 2 3 4 5
- 3. I have taken steps to reduce packaging waste. 1 2 3 4 5
- 4. I recycle plastic, paper, glass and salvageable metals. 1 2 3 4 5
- 5. To reuse what's been made, I try to buy used items. 1 2 3 4 5
- 6. To avoid waste, I use reusable bags when I shop. 1 2 3 4 5
- 7. I walk, bike or use public transportation whenever possible. 1 2 3 4 5
- 8. I eat lower on the food chain by choosing less meat protein. 1 2 3 4 5
- 9. I buy local and organic goods whenever possible. 1 2 3 4 5
- 10. I buy products that were made justly and free of slave labor. 1 2 3 4 5

Total: _____

Look at your responses and calculate your totals for each category. In which areas did you have the highest total and strongest agreement? Circle your areas of strength:

Work and Meaning **Time Management** **Soul Issues**
Money Management **Global Sustainability**

In your responses, where did you have the lowest total and least agreement? Draw a box around 1-2 areas of growth.

Four Questions To Help You Identify What Matters Most

What is my ultimate purpose?

How would you summarize the ultimate purpose of human existence? Is there a scripture that speaks to you of this?

Who Am I?

It's never too late (or too soon) to think about who you are and to reflect on the good dreams that are deep inside of you. We find it helpful to spend some time considering these questions at least once a year. Take fifteen minutes to respond to the following questions. You probably won't have to think that hard about these questions because what's most important to you is probably on the tip of your tongue. For each question write down the one or two things that come immediately to mind.

[] **What am I passionate about? When do I feel most alive, vital, and energized?** Your answer to these questions can help you identify the unique way that you were made to be of use in this world.

[] **How would I describe my personality and temperament?** Am I an introvert or extrovert? What core yearnings motivate my actions and decisions? When you are reflecting on your vision and goals, it is important to consider the gift and limits of your personality. You don't have to become someone else. Imagine scenarios that are realistic to who you were created to be.

[] **Who is calling out the best in me?** What do people recognize and affirm about my best contribution to world? The feedback you receive from people who know you well can provide important clues about your destiny. If you aren't sure what people would say, ask them.

[] **Who are the people in my life that are important for me to care for and journey with over my lifetime?** This question acknowledges that fact that we are not meant to live as isolated individuals. Who are the stakeholders in your life (e.g., family, friends, a particular place and people)?

[] **In what areas do I long for greater wholeness in my personal life?** Each of us has wounds or struggles that we must face as we enter God's light more fully. Part of your journey as a person is discovering healing and finding ways to navigate your weaknesses.

[] **Where do I sense the greatest need for justice and healing in our world?** The struggles of suffering people, both locally and globally, can seem overwhelming. No one person can possibly carry all that pain. Each of us has been given sensitivity to a certain frequency of needs. What is breaking your heart that breaks the heart of God? Is it the physical needs of those in poverty; the emotional needs of those who are displaced, lonely or abused; the destruction of our natural resources; or something else?

[] **What are my strongest talents, passions and skills?** Where can they be of greatest service to others? You've been given skills, talents and expertise that can be leveraged for the good of the world. One of your primary life tasks is discerning how to best utilize these resources.

[] **How does the work I presently do contribute to the greater good that God desires for our world?** Although a worthy ambition, few of us get to do paid work that fully expresses all of our gifts and passions. But most jobs contribute something important to human society. How does the work you do support human thriving?

Create a 5 Word Purpose Statement.

If you had to capture who you are and what you are about in five words with “I statements” what would you write?

_____ : I want to _____

What is right in front of me?

Create One Year Goals in Key Life Areas. How do you want to more deeply embrace the life you’ve been given? Consider the basic aspects of your life: your physical health, your relationships, the work of your hands, your soul care and emotional well-being, and the simple pleasures of life that you enjoy. We can set goals in each of these areas to deepen our experience of and satisfaction with the lives we’ve been given. For each area, consider how you would like to deepen your experience of that aspect of your life over the next year by taking three to five concrete steps of action.

BODY CARE. What is your goal for physical health and well being? Use an I statement like, “I would like to have more energy and maintain a healthy weight.”

What are three to five steps that support this goal? Example: Eat more fruits and vegetables. Exercise four to five times a week. Get at least seven hours a sleep per night.

1. _____
2. _____
3. _____
4. _____
5. _____

What time or financial considerations are related to taking these steps? For example, “Buy new running shoes,” or “go to the farmers’ market every Saturday.”

RELATIONSHIPS. You are connected to family, friends, coworkers and neighbors. How would you like to see these relationships made deeper or stronger? What goals do you have for your most important relationships?

What are three to five steps that support this goal? Examples: Go on a weekly date with my partner. Call my parents/siblings once a month. Eat dinner with my family/housemates.

1. _____
2. _____
3. _____
4. _____
5. _____

What are the time or financial considerations related to taking these steps? Examples: set aside time and funds for weekly dates, schedule to visit my grandmother and save up travel money.

THE WORK OF YOUR HANDS. How does the work you do, whether paid or unpaid, provide for needs, serves others, express your gifts and contribute to the greater good of God's kingdom? What are your goals for the work that you do?

What are the three to five steps that support this goal? Examples: Pray daily for my boss and coworkers. Make a list of priorities for each day of work. Get a journal article published. Look for a job that better fits my deeper passions.

1. _____
2. _____
3. _____
4. _____
5. _____

What are the time or financial considerations related to taking these steps? Examples: Set aside funds to take a computer skills class. Schedule time off to work on my dissertation.

SOUL CARE. You were created to live in reverence and grateful awareness of your Maker. What are your goals for deepening your connection to the sacred and being emotional healthy and centered?

What three to five steps that support this goal? Examples: Set aside thirty minutes a day for meditation and prayer. Take an annual silent retreat. Go on a weekly hike with a supportive friend.

1. _____
2. _____
3. _____
4. _____
5. _____

What are the time or financial considerations related to taking these steps? Examples: Funds to stay at retreat center. Leave work promptly at 5 p.m.

REST & PLAY, might include things like food, nature, hobbies and culture. What helps you relax and experience what we've been given to enjoy? What is your goal for enjoying the simple pleasures of life?

What are the three to five steps that support this goal? Example: Cook food for friends. Go fishing. Visit an art museum. Watch a football game. Knit a sweater.

1. _____
2. _____
3. _____
4. _____
5. _____

What are the time or financial considerations related to taking these steps? Examples: Budget funds for craft supplies. Buy a museum membership. Reserve one day a week for recreation.

What Will Matter In The End?

Imagine you reach the ripe old age of eighty-five in good health and of sound mind. How do you hope to look? Who do you hope to spend your time with? What do you imagine you will do with your time? What will you look back on with gratitude and satisfaction? Share some images below, or even better, draw a picture.
