



MONDAYS

with Mike

Slowing down the pace at which we move and think . . .

In his book, *The Ruthless Elimination of Hurry*, John Mark Comer shares some neat tips to help us slow down our overall pace of life. As you read these, you will feel the positive tension between doing them and pushing back against them. That is the first hurdle to leap – actually doing them. As you do them more and more, you will feel a different sense of overall pace in your day.

- Drive the speed limit. It helps us slow down the pace of life and the dopamine rush that driving can create.
- Get into the slow lane. Watch the scenery. It helps us stay in the present a little longer.
- Don't text and drive. Yes, this is an obvious one, but doing something like listening to music or just staying quiet for a period of time sets a different pace.
- Get in the longest check out line at the store. Oh no, really? It is a great and simplistic way to deny ourselves from getting what we want right away.
- Parent your phone. Put it to bed before you and make it sleep in.
- Keep your phone off until after morning quiet time. Don't let your phone set your emotional equilibrium and your news feed set your view of the world.
- Set a time to do email and stick to it. It may even be a couple of times a day, but not every 15 minutes. Try to get your inbox to zero by the end of each day.
- Set a time for social media. Don't let your reality be defined by others' highlight reels.

I can feel you slowing down already as you read these wonderful tips!

Set a less-hurried pace this week!