

CHURCH OF THE TRAIN WRECK

MOTION WORK CHART

Monday – Date _____

PRAYER - “Please Oh Lord, help me get off my ass & get my soul in motion.”

1) CLEAN YOUR WORK SPACE – time allotted – 10 minutes

2) BEGIN ACTUAL MOTION WORK – time allotted – 50 minutes

First think of how you would like to be five years from now in the following areas of your life. Then take immediate steps toward achieving that goal.

A) **In Your Relationships** – with your mother, father, sister, brother, boyfriend, girlfriend, daughter, son, grandkids etc. What would you like to have accomplished **5YFN**?

STEPS TAKEN _____

FOLLOW UP _____

Note – Follow up’s are things to do at your leisure during the week

B) **In The Area Of Your Job** (your work) – do you like what you do? Would you rather be doing something else? Would another job fit the real you better? Whether you are, or become a salesman, a baseball player, a painter of houses or a painter of emotions. What would you like to have accomplished **5YFN**?

STEPS TAKEN _____

FOLLOW UP _____

C) **In The Area Of Your Finances** – do you have a grasp on your income & your expenses? If you’re the head of the household, have you protected your loved ones in case something happened to you. Do you save wisely. How would you like your financial set up to look like **5YFN**?

STEPS TAKEN _____

FOLLOW UP _____

Motion Work Chart – page 2

D) **In The Area Of Your Health** - how do you feel? Are you taking care of yourself? Could you be doing a better job of that? Do you have addictions that are sapping your strength. Look to the future. How would you like to feel **5YFN?**

STEPS TAKEN _____

FOLLOW UP _____

E) **In The Area Of Kindness & Generosity** – how would you like to see yourself 5YFN? - are you currently so busy with your own concerns that you forget others? A kind word & a smile can go a long way toward helping someone else have a better day. We can see that easily when we're on the receiving end. However, when you're on the giving end the rewards are even more amazing & the reason is rather simple – you're self esteem is raised. And there is nothing more powerful than that!. The simple truth is - the happiest people are giving & kind. With that in mind, how would you like to see yourself in this area **5YFN?**

STEPS TAKEN _____

FOLLOW UP _____

PRAYER (to end motion session) - “Thank you Oh Lord, for helping me get off my ass & get my soul in motion”

IMPORTANT NOTE: Save all your MOTION WORK CHARTS for the purpose of helping you indulge in the pleasure of your accomplishments during your Hour Of Reflection on Saturday