



a podcast by Nicole Beholds

EPISODE SIX

THE COST OF MAKING IT WORK

companion guide

- **What is your calendar distributing?** Look at the last seven days; not what you *meant* to prioritize, but where your time actually went. If someone saw your calendar without knowing anything else about you, what would they assume matters most? Is the answer true?
- **What is “making it work” costing you?** The hardest things to say no to usually aren’t bad things— they’re competing good things. Think about the things that keep finding a way to fit in. What are those yeses costing in rest, relationships, sleep, quiet, or your ability to be fully present. **Just because you can make it work, does that mean it’s actually working?**
- **Is the pace or your life actually healthy?** Being capable of carrying something is not the same thing as it being good for you to carry. How is your current pace affecting your physical health, your mental and emotional health, or the health of your family and closest relationships? Is there somewhere you’ve been using “we can handle it” as evidence that “this is good for us”?

REMINDER FOR THIS WEEK

Maybe an empty square isn’t empty. Maybe it’s holding something you couldn’t see because you were too busy looking for something to put in it.