

# Girls Only



## Time Management

### Additional Project Ideas

**Keep track.** Throughout the unit, have the girls keep a journal of how they spend their time. Each week, have the girls look at what they spent the most time on, what they enjoyed the most, and what they didn't spend time doing that they should have. Encourage the girls to set new goals each week for improving their time management.

**Relax together.** Have a spa night. Create a spa-like atmosphere by lighting candles and playing soft music. Have plenty of comfortable places to sit ready before the girls arrive. Provide manicure, pedicure, and facial supplies for the girls. Have the girls give each other manicures and pedicures and encourage the girls to bring their own nail polish if they want.

**Go outside.** Take the girls on a nature hike. Visit a local park or nature reserve. Talk with the girls about the importance of exercise and taking time to get outside in relieving stress.

**Invite a guest.** Invite a healthcare professional (doctor, nurse, or psychologist) from your church to come in and talk to the girls about the causes, effects, and symptoms of stress and lack of sleep. Encourage the speaker to talk about how managing your time better can lead to a happier, healthier life. Allow plenty of time for questions.

**Talk about it.** Bring in a panel of busy women (some who work, some full-time moms, and some single women). Ahead of time, collect questions from the girls about how the women manage their time and balance their lives. Have the panel answer the written questions and allow time for live question and answer time, too.

**Make a list.** Have the girls prayerfully consider what they would like to be remembered for or what they would like to do in their lifetime. Let the girls make a list of several of these things. Encourage the girls to set smaller goals for achieving these things. Allow time for the girls to share their lists and plans with the group. Talk to the girls about the importance of sharing these goals with one another.

**Tell the Story.** Have the girls write a "choose-your-own-adventure" story. Have the girls focus the story on someone who manages time wisely or poorly. The girls could write a story individually or collaborate with a small team of other girls. Coordinate with the sponsor of a younger club to have the girls share the story with the younger club.

**Think good thoughts.** Have the girls brainstorm their favorite Scriptures to think about instead of spending time worrying. Have the girls choose a few verses to memorize from the list they create or choose any of the following:

Galatians 5:22,23  
Ephesians 4:22-24  
Ephesians 5:1,2  
Philippians 2:5-11

Philippians 4:4-7  
Philippians 4:8  
1 Thessalonians 5:16-18  
James 3:17,18

## Resource Ideas

- *Choose: Steer Wide of Total Stupidity* by Kevin Johnson, Youth Specialties, 2008.
- *Making the Most of Your Relationships* by Melody Carlson, Nav Press, 2005.
- *Wisdom On: Time and Money* by Mark Matlock, Youth Specialties, 2008

## Additional Discussion Questions

### Discovery #1

- What is your focus right now? What do you spend the most time on? Are they related? Does that change the way you think about what your focus is right now?
- What do you want your focus to be? How can you make changes in your schedule to spend more time on your focus?
- If God is your priority, how does your life reflect it? How does the way you spend your time reflect it? What could you change to allow more time for you to focus on God?

### Discovery #2

- Does giving God more time give you more time? How does spending time with God affect your life? Does it make it better?
- Are you experiencing peace right now? Are there changes you could make in your life that would help you have more peace in your life?
- Do you spend time worrying? What do you worry about? Does worrying about it change the situation? What could you do instead of worrying?

### Discovery #3

- Is your life organized right now? What are some benefits of having an organized life? What are some changes you could make in your life to help you become more organized?
- Is the Proverbs 31 woman realistic today? What could you do to become more like the Proverbs 31 woman?
- What are some goals you'd like to achieve in your life? What are you doing now to work toward them?

### Discovery #4

- What can you learn from Moses?
- Do you make to-do lists? How can to-do lists be helpful?
- What are some ways that you can manage your time better right now?

### Discovery #5

- What are some good ways to stay motivated?
- What do you do to help yourself get motivated when you're having trouble?
- Do you waste time or procrastinate? Why? What are the consequences of wasting time and procrastinating?

### Discovery #6

- Who is your prime example?
- What are some things you can learn from Jesus about managing time?
- What have you learned about time management? Have you made any changes during this unit? How have they worked for you?