Squeeze The Day!

Home Learning Program to 10X Your Productivity
Squeeze The Day Part 1

You start with 24 hours, squeezing it is up to you.

1. You are proven before you are _______________________.
   Everyone wants to be promoted.
   You have to be _______________________. where you are with what you have.
   God is the Father of _______________________.
   • What are you doing with the next 10 minutes of your life?
   • What do you do when you first get out of bed?
   Start seeing your life in little 5 minute _______________________.
   When you prove yourself in those chunks, your time will _______________________. before you.

2. Respect who you are and _______________________. you are.
   We’re back in the garden, we’re free from the _______________________!
   God did not design for us to _______________________. our time. We have control over that!
   Be fruitful, produce fruit. There is a difference between being busy and being _________.
   We are created in His _______________________. , we need to be example of God here on earth. God has a standard of excellence.
   Wherever you go, God’s _______________________. goes with you.
   When you start seeing who you are with God’s standard of excellence, everything begins to _______________________.
   Do not let anything come between you and what you should be _______________________.
   You are a living, breathing child of GOD!
   Excellence is _______________________.

   We grossly underestimate how long it takes us to do things. That’s why we put tasks off!
   It’s just the “getting _______________________. ” that is hard.

4. Don’t let _______________________. overwhelm action.
   We can pick something apart so much that we never take _______________________.
   Quit analyzing your “fix it” job and get to work!
   You’ve got to take action and start _______________________.
In the time it takes you to plan, you could have already had it ________________.

**Action Step**

- For the next 3 weeks, start organizing your day by chunks. 5 minute, 10 minute, or 15 minute chunks. Whatever works for you! Start “chunking” your day and ask yourself, “what can I do with the next few minutes I have?” Your time is going to expand tremendously.

**Discussion**

1. How do you underestimate yourself? Maybe you don’t think you have the capability to get things done. How can you start challenging yourself?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

2. What can you change about your morning routine once you separate your day in chunks?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

3. Start acting in excellence. What do you have going on in your life that you can start putting a standard of excellence on?

______________________________________________________________________________
______________________________________________________________________________

**Part 1 Answer Key**

1. Promoted
2. Proven
3. Time
4. Chunks
5. Expand
6. Whose
7. Curse
8. Waste
9. Fruitful
10. Image
11. Blessing
12. Change
13. Exhibiting
14. Contagious
15. Underestimating
16. Started
17. Analysis
18. Action
19. Somewhere
20. Done
Squeeze The Day Part 2

Squeezing the day is ____________________ .
Production gives you choices. A lot of moms find themselves in ____________________ mode. That is a high stress level of living!
You can live in reaction or production. Make the decision to become a ____________________ .
Living a low stress life means you have more ____________________ .

6. ____________________ isn’t given to you. You must take it.
When you want territory in your life, you are trying to get to a place where you are calling the ____________________ .
We can’t get anything done when we’re living on the ____________________ .
If you want ____________________ , then you need to take it.
God has already given you prosperity, health, peace, joy, fruitfulness, organization. He’s gifted you with all that but He’s not going to make you put it to ____________________ ! In order to squeeze the day, we’ve got to TAKE AUTHORITY.
God has given you the ____________________ and he teaches you how to unwrap it. So unwrap it and put your gift to use!
You can’t ____________________ about your life when God has given you EVERYTHING to get up and take authority.
How? You start where you are with what you ____________________ .
God’s holy ____________________ will work through you when you take authority... even if it’s only in small bits!

7. Cut the ____________________ .
You are a ____________________ , you are running a company! You need to step back, look at your day objectively and cut the fat.
Energy, time, and your relationships are the 3 BIG areas of fat that keep us from being as productive as we can.
Energy - What are you spending too much energy on? What can you cut?
__________________________________________
Time - What are you spending too much time on? What can you cut?
__________________________________________
Relationships - What are the negative and toxic relationships you need to cut?  

8. Look for time ________________ .

**Action Step**

- I challenge you for the next three weeks to schedule your day before the day begins. Plan to produce. Prepare for the day in advance! Set out your clothes the night before, plan your meals (maybe even a month ahead!). Trust me, you will have SO many more choices throughout the day when you PLAN for EXCELLENCE.

**Discussion**

1. What are major time suckers? What can you do the day before so your time doesn’t get sucked away?

______________________________________________________________________________  
______________________________________________________________________________  

2. What can you do to start producing during your day?

______________________________________________________________________________  
______________________________________________________________________________  
______________________________________________________________________________  

3. Do you feel like you are living on the edge? How do you plan to start taking authority over your life?

______________________________________________________________________________  
______________________________________________________________________________  
______________________________________________________________________________  

**Part 2 Answer Key**

| 2. Reaction   | 8. Authority | 14. Fat |
| 5. Territory  | 11. Complain | |
Squeeze The Day Part 3

9. Leave _______________________ for other people.
You are not average, you are _______________________ of the population
You are proving your _______________________ story right now! If you continue on this path,
despite obstacles and distractions, your success is inevitable.
The average person normally has nothing to show for their 24 hours.
You’re not average, so quit living an average _______________________.

When you do something, DO IT.
Fiddling around means that you are _______________________.
Start developing habits of _______________________.
   1. Start it.
   2. Do it.
   3. Wrap it up.
You can only complete when you _______________________.

11. Be _______________________!
The early bird gets a lot more than just the worm!
Be early for EVERYTHING you do.
When you’re early, you get the _______________________! Including, more choices.
Treat people how you want to be _______________________.
   Do to others what you want them to do to you.
There is power in _______________________ people!
See the _______________________ in other people.

12. Don’t waste time in _______________________ , guilt, or worry.
If something goes wrong, pick out the stitches, and start over.
Worrying is putting energy in where you are not getting a _______________________.
   You need to put energy in TODAY.
Worrying is _______________________.
13. Obedience comes before ____________________ .
Right now, you may feel stuck. The deliverance from this situation is God’s job ... but it’s your job to come along side Him in obedience.
When you become obedient, you are showing by your actions, that you are ready for the deliverance that God has ____________________ you.
There is power in just doing that “next ____________________ .”
It doesn’t have to feel good and you don’t have to feel like doing it, you just have to DO IT.
The #1 tip to get the most out of your days: Pretend that you are being featured on a reality tv show called: “The Lives Of Super Achieving Moms.”
Until you believe it, you never will be a ____________________ mom.
Call the things that are ____________________ as if they already are OR as you want them to be.
When you believe, you get ____________________ .

**Action Step**

• I challenge you, for the next three weeks, be EARLY to EVERYTHING. I don’t care how unimportant some of your tasks may seem... Mama, it was REWARDING and HONORING. Blessing comes from being early. Trust me! Plus, you will find that you have more choices and you will be less likely to run into “stress moments.”

**Discussion**

1. What would you start doing differently if you really were going to be featured on a reality TV show? How would you treat your day then VS how you treat your days now?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

2. Do you often find yourself worrying a lot? Living in regret? Or thinking about the past? How would your day change if you used all that energy for the PRESENT?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
3. What are your “average habits” you plan on letting go of?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Answer Key

1. Average
2. 2%
3. Success
4. Life
5. Fiddling
6. Distracted
7. Completion
8. Focus
9. Early
10. Best
11. Treated
12. Honoring
13. Beauty
14. Regret
15. Return
16. Paralyzing
17. Deliverance
18. Promised
19. Thing
20. Super Achieving
21. Not
22. Transformation