



# Life Before COVID-19

---

*An after-action review*

1. What were my daily and weekly schedules like?
  - a. Why were they arranged like that?
  - b. How could/should they have been arranged differently?
  - c. What will they look like after this is all over?
  - d. How will I ensure this happens?
2. How much margin did I have? (*Note: Margin is needed space to recover and refuel.*)
  - a. Mentally
    - i. When did I have time to reflect on the past day/week?
    - ii. How did I refuel and recover mentally?
    - iii. Where do I turn when you feel mentally overwhelmed? Is this a healthy choice?
  - b. Relationally
    - i. How did I ensure proper time and attention were devoted to the most important relationships in my life?
    - ii. What uninterrupted time was devoted to those relationships?
    - iii. When was that time most likely to be sacrificed for more pressing items?
  - c. Physically
    - i. Was I getting a proper amount of rest? Was I constantly tired and rundown?
    - ii. Was I eating in a healthy manner?
    - iii. Was I getting an appropriate amount of exercise?
    - iv. Was I taking prescribed medications as directed?
    - v. Was I abusing prescribed medications? (Was I abusing anything else?)
    - vi. Was I getting a yearly physical?
  - d. Financially
    - i. Was I living on a budget? Was I living paycheck to paycheck?

- ii. Was I paying my bills on time?
  - iii. Did I have an emergency savings account of at least \$1,000?
  - iv. Was I regularly contributing to a savings account? Retirement account?
  - v. Was I giving God through my local church?
- e. Spiritually
- i. Was I making worship time with other believers a priority?
  - ii. Was I taking the time to read God's word beyond what I heard in a worship gathering?
  - iii. Was I spending time in prayer beyond what I did in a worship gathering?
  - iv. Was I serving? Did I do this because I wanted to or because I felt coerced to do so?
  - v. Was I looking for and seizing opportunities to share your faith?

### 3. Parents

- a. How was I intentionally investing in the spiritual lives of my children beyond taking them to church?
- b. What unwritten lessons were my children learning about how to plan and order their lives?
- c. What unwritten lessons were they learning about what areas of life should take precedence over others?

---

#### **Suggested Resources:** (Links are to Amazon and Full Focus Planner Store)

- [\*The Overload Syndrome: Learning to Live Within Your Limits\*](#), by Richard A. Swenson, M.D.
- [\*Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives\*](#), by Richard A. Swenson, M.D.
- [\*Making Room for Life: Trading Chaotic Lifestyles for Connected Relationships\*](#), by Randy Frazee
- [\*Ordering Your Private World\*](#), by Gordon McDonald
- [Full Focus Planner](#), from Michael Hyatt Company