

# 25 WAYS TO PRACTICE SLOWING & COUNTER HURRIED LIVING

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1. Begin your morning with prayer and scripture.
2. Come to a full stop at the stop sign.
3. Practice listening to understand, not listening to respond.
4. Cook a meal at home and eat slowly.
5. Drive the speed limit.
6. Let someone else go first.
7. Get into the slow lane on the highway.
8. Each week, schedule a half-hour of unplanned time in your planner.
9. Get in the longest checkout line.
10. Show up 10 minutes early without your phone.
11. Schedule a vacation (even a short one) quarterly.
12. Turn off notifications on your phone.
13. Schedule downtime on your phone and put it away for a specific amount of time each day.
14. Savor your coffee or tea.
15. Go for a walk without your headphones or other devices and listen to your surroundings.
16. Schedule a regular day of silence and solitude each quarter.
17. Take up journaling.
18. Before bed, write down 3 things you're thankful for from the day.
19. Stop multi-tasking. Do one thing at a time.
20. Set specific times to check email each day.
21. Explore practices of mindfulness and meditation. (Psalm 1)
22. Pause and take 10 deep breaths, focusing on your breathing.
23. Set aside 10 minutes each day to do nothing but daydream, pray, and have a casual conversation with God.
24. Drive in silence (no music, podcasts, etc.).
25. Do something creative and just for fun.