



# Life's Journey – The Pursuit of Balance

The APC National Clergy Retreat  
San Antonio, TX, October 29<sup>th</sup>  
Mark Moraitakis

My  
“Work Smarter”  
Journey

“You’re the Problem.”



Spiritually wasn't growing



Emotionally was drained



Physically out of shape



Relationally less engaged

# We are not that different.



57% Faith is weak at times

31% Have not gone to confession in over a year



16% Unsatisfied with family life



67% Work 50-70 hours per week

24% Poor appetite / over eat

21% Tired/Little Energy



30% High or overwhelming financial stress

53% Less than \$49,000 in retirement

28% No personal savings

# What can we do?



## Self Care



Self Care are activities that make for meaningful life outside of work by contributing to greater performance at work.

# Priority of Self Care



Self-Care



Self Care Precedes Family Care

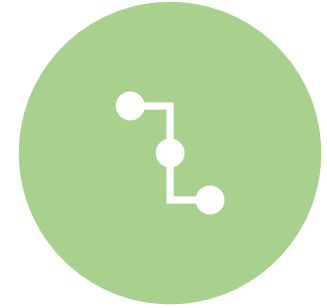


Self Care Precedes Parish Care

# Benefits of Self Care



MORE ENERGY



MORE EDGE



MORE ENDURANCE

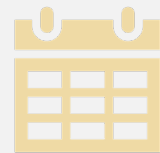


LESS DRIFT

# How do we do it?



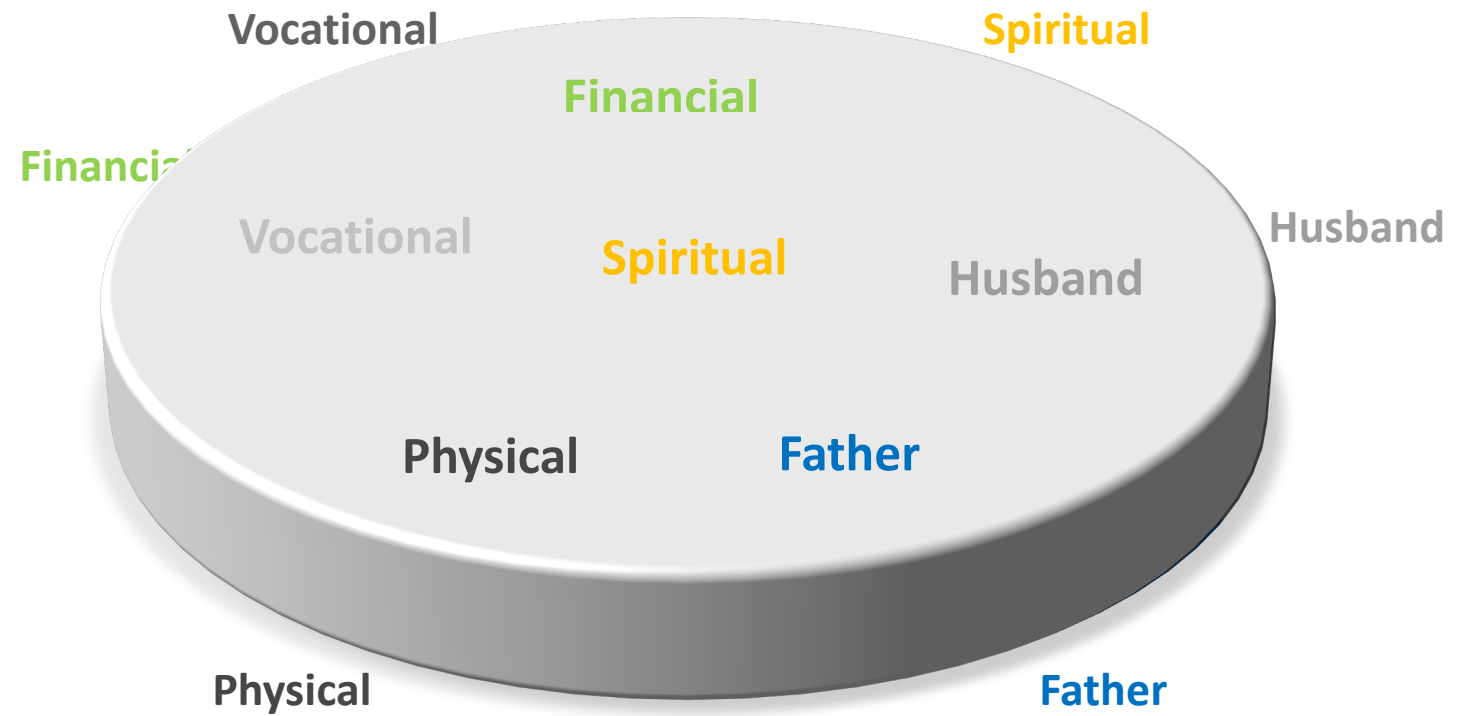
Life  
Planning



Clear  
Non-negotiables



# Life Planning



# Life Planning

## 3 Questions:

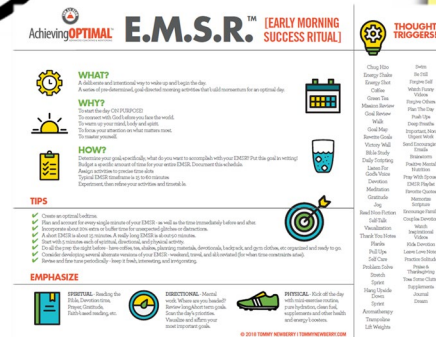
- Where am I today?
- Where do I want to be?
- How do I get there?

# Life Planning: Where am I today?

THE LIFESCORE™ ASSESSMENT										Your Current LifeScore™						
GET THE CLARITY YOU NEED TO CREATE THE LIFE YOU WANT																
Name _____ Date _____																
										Previous	Change					
LIFE DOMAINS		1	2	3	4	5	6	7	8	9	10	11	12	Current	Prior	Change
BEING	1 SPIRITUAL	I feel disconnected from God. I am not taking any initiative to pursue spiritual development. I feel rudderless and wonder if my life even matters. I am not part of any faith community.			I wish I felt more connected to God than I do. I am not as consistent as I would like in pursuing spiritual development. I believe I was created for a purpose; I just don't know what it is. I am somewhat active in a faith community.			I feel connected to God. I actively pursue spiritual development. I feel my life has meaning and purpose. I am an active participant in my faith community.			I am constantly aware of God's presence in my life. I am consistent in my spiritual disciplines. I am clear about my purpose and how it relates to God's larger story. I'm a contributing leader in my faith community.					
	2 INTELLECTUAL	I am content with what I know and am not interested in growing further. I don't regularly consume new content. I don't attend conferences or workshops. I don't allocate any money for ongoing education or training.			I am occasionally curious but find learning a chore. I am an irregular consumer of new content (e.g., blogs, podcasts, books, etc.). I might attend a conference or workshop here and there. I occasionally buy a book or attend a conference.			I am curious and enjoy learning. I am a regular consumer of new content. I attend conferences and workshops. I have a budget for ongoing education and training.			I am a voracious learner. I can't seem to get enough new content. I am a conference and workshop junkie. I highly value ongoing education and consider each expense an investment.					
	3 EMOTIONAL	I am often sad and don't have much energy. I struggle with low self-esteem and worry. I am often stressed and use alcohol, drugs, or other addictive behaviors to deal with it. I often find myself angry and resentful of others.			I have good days and bad. I struggle with occasional low self-esteem and worry. I occasionally indulge in alcohol, drugs, or other addictive behaviors. I get angry more than I would like and sometimes hold grudges.			I am generally happy and upbeat. I am confident and rarely worry. I manage stress in a healthy way. I give others the benefit of the doubt and am quick to forgive.			I am almost always happy. I am confident and optimistic about the future. I don't experience any significant stress. I empathize with other's struggles and shortcomings.					
	4 PHYSICAL	I am usually tired and feel lethargic. I eat too much sugar and processed food. I don't take any supplements. I do not exercise regularly.			I don't get adequate rest during the week but try to catch up on the weekend. I vacillate between eating well and eating junk. I take a multivitamin occasionally. I workout occasionally but am not as consistent as I should be.			I get plenty of sleep. I eat healthy, nutritious meals. I take supplements as needed. I workout at least five times a week.			I see my body as a gift and consistently make healthy choices to care of it. I wake up well rested. I eat a balanced diet of unprocessed, organic food. I have a dialed-in, consistent fitness routine that gives me energy and strength. Unhealthy behaviors are rarely, if ever, a temptation for me.					
RELATING	5 MARITAL	I am no longer in love with my spouse and am considering divorce. I can hardly stand to be in the same room with my spouse. I am frustrated with my spouse and don't understand why he/she can't change. We experience a lot of conflict and continue to drift further and further apart.			I don't love my spouse as much as I once did. Little by little, we are growing apart. We tried counseling, but nothing really changed. We fight more than we should, and we don't always resolve it.			I am in love with my spouse. I consider my spouse to be my best friend. I actively seek to improve my marriage so I can become a better partner. When we experience conflict, we are able to resolve it in a healthy way.			I love my spouse more with each passing day. My spouse and I tell each other everything and actively seek one another's counsel. My spouse and I want our marriage to be the best it can possibly be and invest in making it better. We experience little conflict, because we seek first to understand rather than to be understood.					
	6 PARENTAL	I don't really enjoy being a parent. If I am honest, wish I had never had children. I don't feel prepared to be a parent. My children are a major source of conflict and stress.			I sometimes enjoy being a parent but find it challenging. I love my children, but often focus on their faults and mistakes. My children rarely admit their mistakes and sometimes lie to cover them up. We experience frequent conflict but are usually unable to resolve it without hurt feelings.			I enjoy being a parent and find it rewarding. I love my children and routinely affirm them for their positive character traits and accomplishments. My children feel safe to admit their mistakes and failures. When we experience conflict, we are able to resolve it in a healthy way.			I love being a parent and know it's my most important work. I love my children and enjoy spending time with them. My children feel comfortable sharing their deepest desires and greatest fears. When we experience conflict, we resolve it in a way that leads to greater intimacy.					
	7 SOCIAL	I don't have a best friend. I don't have any friends outside of work. I often feel lonely and spend my time online, watching TV, or indulging in unhealthy behavior. Many of my past friendships have ended over unresolved conflict.			I don't really have a best friend, but I have a few close friends. Most of my friends are people I work with. I enjoy being with my friends, but I don't spend as much time with them as I would like. I sometimes experience conflict with my friends and am not always able to resolve it.			I have a best friend who accepts me for who I am. I have a close circle of friends with whom I meet regularly. I enjoy being with my friends and feel refreshed and energized whenever we are together. When I experience conflict with my friends, we are able to resolve it in a healthy way.			I have a best friend with whom I can share my biggest dreams and my greatest fears. My spouse and I have a close circle of friends with whom we "do life." I can't wait to spend time with my friends. My relationships are one of my greatest sources of joy. When we experience conflict, we resolve it in a way that leads to greater intimacy.					
DOING	8 VOCATIONAL	I hate my job and wish I could find something else to do. I dread going to work and live for the weekends. I feel like I am going backwards in my vocation. I am not happy with my level of income.			I like some parts of my work, but I dislike others. I don't mind work, but I don't particularly look forward to it either. I feel like I am stuck in my vocation. I wish I made more money.			I enjoy my work and feel I am making a positive impact on the world. I am recognized as a leader in my chosen profession and enjoy the recognition of my peers. I am progressing in my chosen vocation in a way that gives me a sense of momentum. I am happy with my level of income.			I love my work and am confident I am making a big impact in the world. I am at the top of my game and am the recognized leader in my industry. I am growing faster than I ever thought possible and find the pace exhilarating. I am making more money than I need and love having the margin to invest in the future and in worthy causes.					
	9 AVOCATIONAL	I don't have time to pursue interests outside of work and family. I don't have any hobbies nor do I have the time if I did. I am not involved in any significant way in civic or church activities. My life consists of work and family—that's pretty much it.			I occasionally do something enjoyable that is unrelated to work or family. I have a hobby I would love to pursue if I could just find time. I know I would enjoy spending time doing this with my friends. I am involved in a limited way in a non-profit charity, school, or ministry.			I have the time to pursue interests outside of work and family. I have a hobby or hobbies I enjoy doing in my free time. I often pursue these hobbies with other like-minded people. I am involved in a non-profit charity, school, or ministry where I can use my talents to further the cause.			I have all the time I need to pursue interests outside of work. I have a hobby that I could probably turn into a vocation if I wanted. I have a group of fellow-enthusiasts that I enjoy spending time with in the pursuit of our hobby. I am involved in a leadership role in a non-profit charity, school, or ministry that is changing the world.					
	10 FINANCIAL	I worry constantly about my finances and am fearful about the future. I do not make enough money to cover my family's basic needs. I am not really saving anything for retirement—or anything else. I am deeply in debt and don't currently see a way out.			I frequently worry about my finances and what might happen if something catastrophic happens. I barely make enough to cover my family's basic needs. I am saving a little for retirement and other needs, but I know it should be more. I am struggling to pay off my debts but am making progress.			I feel in control of my finances and am at peace with my station in life. I make enough money to fund my chosen lifestyle, save for the future, and give to charitable causes. I do not have any consumer debt other than my mortgage. My net worth is growing and I'm confident about my financial future.			I rarely think about my finances because I have all the bases covered. I make more than enough money for my needs and am able to give generously to causes that matter. I don't have any debt, not even a mortgage. My net worth is more than I could have imagined a few years ago and feel it will continue to grow.					


# Non-Negotiables

Non-Negotiables are the activities, beliefs, or values that you're not willing to give up, change or compromise.






# Non-Negotiables: Early Morning Success Routine




Achieving **OPTIMAL**  
ADVANCED COACHING & MENTORING

## E.M.S.R.<sup>TM</sup> [EARLY MORNING SUCCESS RITUAL]




### THOUGHT TRIGGERS!




#### WHAT?

A deliberate and intentional way to wake up and begin the day.  
A series of pre-determined, goal-directed morning activities that build momentum for an optimal day.




#### WHY?


To start the day ON PURPOSE!  
To connect with God before you face the world.  
To warm up your mind, body and spirit.  
To focus your attention on what matters most.  
To master yourself.




#### HOW?

Determine your goal; specifically, what do you want to accomplish with your EMSR? Put this goal in writing!  
Budget a specific amount of time for your entire EMSR. Document this schedule.  
Assign activities to precise time slots  
Typical EMSR timeframe is 15 to 60 minutes  
Experiment, then refine your activities and timetable.









#### TIPS

- ✓ Create an optimal bedtime.
- ✓ Plan and account for every single minute of your EMSR - as well as the time immediately before and after.
- ✓ Incorporate about 20% extra or buffer time for unexpected glitches or distractions.
- ✓ A short EMSR is about 15 minutes. A really long EMSR is about 90 minutes.
- ✓ Start with 5 minutes each of spiritual, directional, and physical activity.
- ✓ Do all the prep the night before - have coffee, tea, shakes, planning materials, devotionals, backpack, and gym clothes, etc organized and ready to go.
- ✓ Consider developing several alternate versions of your EMSR - weekend, travel, and abbreviated (for when time constraints arise).
- ✓ Revise and fine tune periodically - keep it fresh, interesting, and invigorating.


#### EMPHASIZE



**SPIRITUAL** - Reading the Bible, Devotion time, Prayer, Gratitude, Faith-based reading, etc.



**DIRECTIONAL** - Mental work. Where are you headed? Review long/short term goals. Scan the day's priorities. Visualize and affirm your most important goals.



**PHYSICAL** - Kick off the day with mini-exercise routine, pure hydration, clean fuel, supplements and other health and energy boosters.

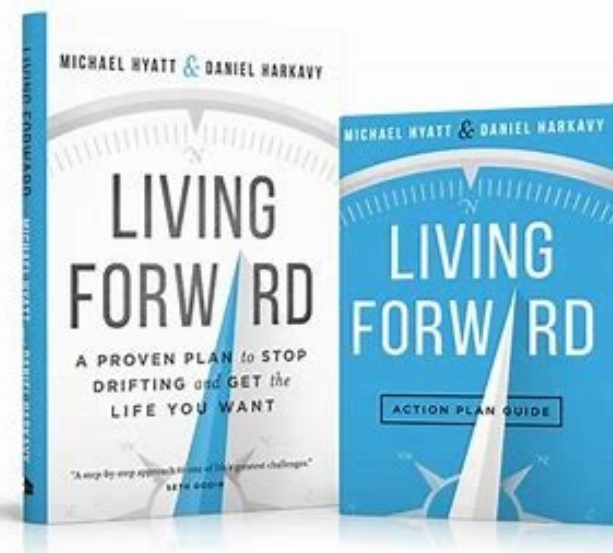
Chug H2o	Swim
Energy Shake	Be Still
Energy Shot	Forgive Self
Coffee	Watch Funny Videos
Green Tea	Forgive Others
Mission Review	Plan The Day
Goal Review	Push Ups
Walk	Deep Breaths
Goal Map	Important, Non Urgent Work
Rewrite Goals	Send Encouraging Emails
Victory Wall	Brainstorm
Bible Study	Positive Mental Nutrition
Daily Scripting	Listen For God's Voice
Devotion	Pray With Spouse
Meditation	EMSR Playlist
Gratitude	Favorite Quotes
Jog	Memorize Scripture
Read Non-Fiction	Encourage Family
Self-Talk	Couples Devotion
Visualization	Watch Inspirational Videos
Thank You Notes	Kids Devotion
Planks	Leave Love Notes
Pull Ups	Practice Solitude
Self Care	Praise & Thanksgiving
Problem Solve	Toss Some Clutter
Stretch	Supplements
Sprint	Journal
Hang Upside Down	Dream
Sprint	
Aromatherapy	
Trampoline	
Lift Weights	

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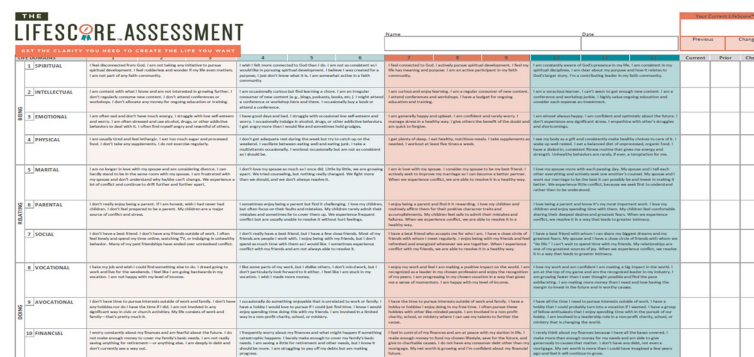
# Non-Negotiables: Early Morning Success Routine

EMSR™ <i>Spiritual, mental</i>	
5:15-5:30	Wake up → GET COFFEE <i>perfect breakfast 1 day</i>
5:30-6:00	Devotion / Journal
6:00-6:15	WAKE UP RUN & Dress for Workout.
6:15-7:00	Work out → Review Goals & Audio Book
7:00-7:45	SHOWER / Dress
7:45-8:30	Drive → Be @ office by 8:30

Visit Michael  
Hyatt's LifeScore  
Assessment  
website:



Michael Hyatt is an American author, blogger, podcaster, and speaker. He is a member of St. Ignatius Orthodox Church.



<https://assessments.michaelhyatt.com/lifescore>

[illegible]

# Resources To Get You Started

Watch this  
video:



<https://www.youtube.com/watch?v=2v0RhvZ3lvY>