

HABITS OF THE UNHURRIED

1. Closes the laptop at 5 p.m. without guilt.
2. Lights the candles.
3. Makes time for play.
4. Protects her boundaries.
5. Avoids mindless scrolling.
6. Goes to God before Google.
7. Gets the sleep her body needs.
8. Actually uses her vacation time.
9. Lingers longer at the dinner table.
10. Takes 5 cleansing breaths when under stress.
11. Wakes up 10 min earlier to set the day's tone.
12. Refuses to check the phone at the stoplight.
13. Takes time to: "Remember. Reflect. Return."
14. Sits down to eat & actually tastes the food.
15. Does not freak out if she misplaces her phone.
16. Looks people in the eye when they're talking.
17. Takes time to celebrate accomplishments.
18. Stops to notice the wonders of nature.
19. Turns off phone notifications.
20. Takes the long way home.
21. Refuses to multitask.
22. Knows how to say no.
23. Has a fun hobby.
24. Stands in awe of God.

#GROWINGSLOW