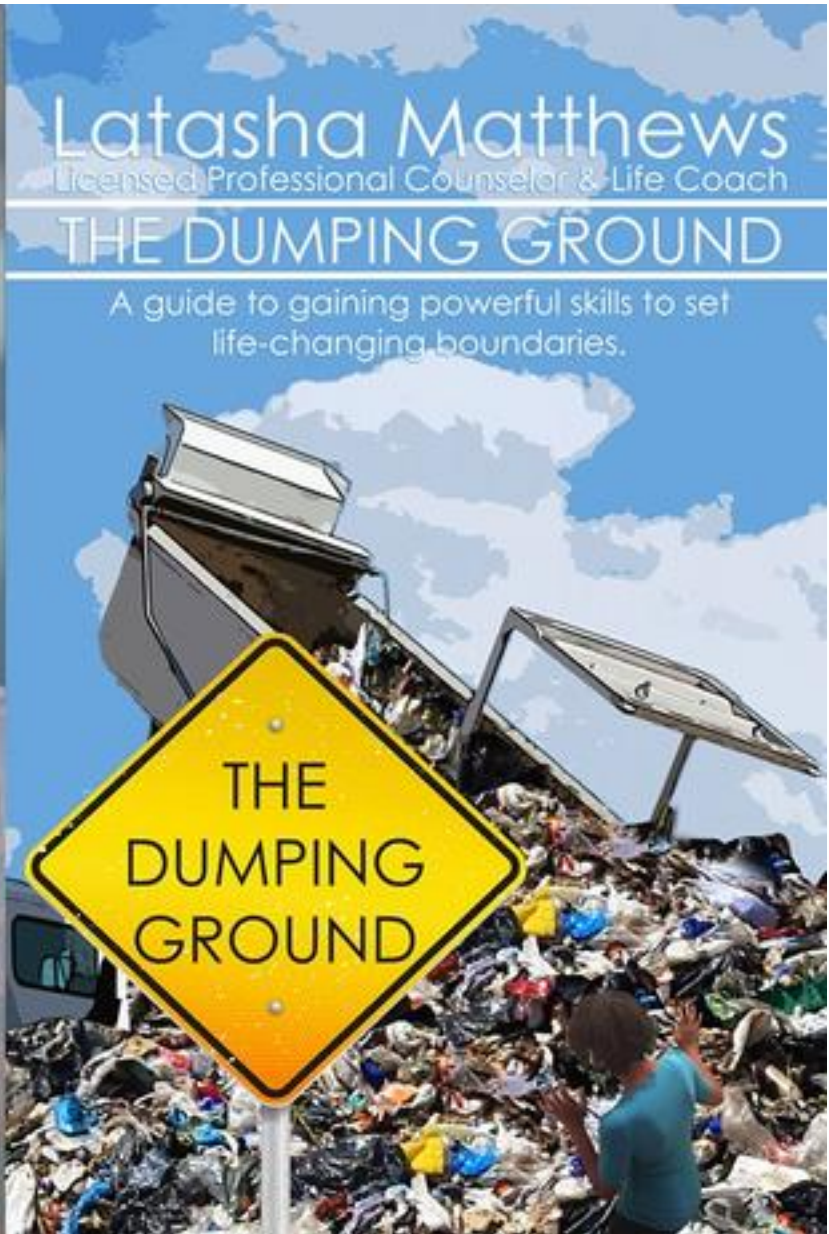




THE DUMPING GROUND - Latasha Matthews

The "Dumping Ground" was birthed out of my inability to set the boundaries that God requires. The topic is very important to me and close to my heart because this area has cost me a tremendous amount to pain and consequences that have significantly shaped the course of my life. Financial losses, sickness, relationship challenges, poor decisions and a host of other consequences will come if you are unable to set effective boundaries. I found it necessary to share out of obedience to God but also because so many people that I have encountered and have come in contact with experience or have experienced the same challenges with boundary setting. No is a complete sentence and we must learn to utilize that word to set boundaries for ourselves and limits when developing relationships with others.



Latasha Matthews

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THE DUMPING GROUND

A guide to gaining powerful skills to set life-changing boundaries.

Chapter 5

Is it Worth My Time

Time as defined in the Webster dictionary is the measure or measurable period; in which, an action, process or condition, exists or continues. It is also defined as a continued process of existence and events in the past, present and future. I know what you are thinking; why am I giving you the definition of time? I am setting the stage on the importance of the word. Time is precious and in my opinion one of the biggest areas that is taken for granted. The assumption is that we will always have time. Often times we struggle with managing time appropriately. Time and boundary setting in my opinion has a direct or positive relationship. If you have a poor relationship or value of time you will often have issues in setting boundaries around your time.

Check out Renee's story:

Renee lived by her schedule. In her mind she had everything organized and planned out. She went from one meeting to the next. She called herself a scheduling machine, a super multi-tasker and get it done girl. Often time's Renee felt stretched and pulled in many directions because she thought

there were 48 hours in one day instead of 24. Renee often procrastinated and felt unequipped to meet deadlines because she had so much on her plate. She did not have anything in her life that wasn't scheduled. Renee's schedule was always jammed packed. She found herself experiencing high levels of anxiety for things she didn't necessarily want to do. Her mood and emotions began to overwhelm her and she found herself missing critical appointments and people started to view her as flaky, irresponsible and unreliable. This caused even more anxiety and she began to ask herself; how did I get here? She thought she did a great job with managing her time but later realized she was over-extending herself doing a lot of things that are not worth her time.

So I ask, how many of us live by schedules that are piled up with things we really don't have to do nor want to do? I was just like Renee and it wasn't until I realized my life was precious and valuable that I began to set boundaries for myself. I started to experience life, instead of scheduling things that I identified as important for my life. I began to look at what I needed to do

versus what I wanted to do. Setting boundaries with time helps promote balance, flexibility and a meaningful life.

The Dump

1. Identify 5 time busters that keep you from living the life you desire. Replace them with 5 productive activities you could be doing that will get you closer to your goal, purpose or vision.
2. If you have to place a dollar value on your current value of time, what dollar amount would you give it? What dollar value would you like to give it?
3. Now that you have identified the time busters here are a few questions to ask yourself.
4. Do you want to do this?
5. Can someone else do this?
6. Do I have the time?

7. How are these time busters impacting me emotionally, physically or spiritually?

Main Point: You must manage your time or it will manage you.

Pledge: I pledge to utilize my time to do things that enhance my purpose.

Reflection: God has given me enough time and I have the ability to manage it.