

TRICIA ZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 102: How To...Quiet Quit Your Life

Quiet quitting is the new buzzword in the workplace but not a new concept. The employee who is quiet quitting sees themselves as engaged but setting healthy and reasonable boundaries for a satisfying work-life balance. It’s not a tactic to quit their job, but rather doing precisely what the job requires. But no more. They are not working overtime or excessively but are carrying out the job’s bare minimum in order to reduce stress, overwhelm, and burnout.

I believe this idea of quiet quitting could be applied to life as a whole, not just a job. I don’t think you have to have a corporate job or own your own business to find yourself in a position where there is no balance in your life. You can do that in volunteering, ministry, or with a relationship. I think it comes into play anytime you’ve put all your focus, energies, and time into one thing that leaves no room for other equally important things or people in your life.

1) Write out your list of things that are occupying your time and energies?

Take this opportunity to ask the Lord about the whole of your life: Is there something more? Am I putting my energy and time into the right things? Should I keep doing this? Should I start doing that? Should I quit that and consider a different focus? Are the things I’m doing life-giving, satisfying, and filling me up?

2) Write down how you think the Lord is guiding you:

When you are quiet quitting you are engaged in responsibilities but setting healthy and reasonable boundaries for a satisfying work-life balance. And remember, “work” is not just a 9 to 5 job in the workplace.

3) Do you believe you have a healthy work-life balance? If not, what could you do or add to create more balance?

Prioritizing your list is not helpful because it gives heavier weight to one thing over another. Instead, give equal prioritization to projects, deadlines, and work as you do to relationships, fun, and adventure so that one thing is not dominating your time, thought life, or your energy.

4) What are your thoughts about this idea? How can you incorporate this thinking into your life?

Create a template for yourself to keep that work-life balance in check. Know yourself. Know your limits. Understand how you are uniquely wired, how you typically respond to external stimuli, how much rest and downtime you need, how much alone time you need, or if you’re an extrovert, how much “people” time you need. Know what makes you feel full and satisfied. Know what makes you feel healthy and alive. Know what it is that God has specifically designed for you to do. Ephesians 2:10 says that you were created to do good works, things that God planned for you even before you were born. If you don’t already know, find out what that it is. You have a specific purpose to fulfill on this earth.

5) What are the things that make you uniquely you that you should consider when creating your work-life balance?

Did you hear me say, “don’t prioritize” in the episode? That’s so not our normal way, right? But when we put heavier weight on one thing over another, we get our work-life out of balance. If you’d like some help quiet quitting in your life, I’d love to be your Life Coach and help you do this. Feel free to email me at: coaching@triciazody.com.