



*Stretched  
Too Thin*

STUDY  
QUESTIONS

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# CHAPTER 1

## Reflections on Your Present

Take time using the questions that follow to assess your present, with the knowledge that what you write could change your life.

What is your current job? \_\_\_\_\_

How many hours do you work each week? \_\_\_\_\_

How happy are you with your job? \_\_\_\_\_

Below is a grid containing areas in which working moms commonly feel stretched. Make notes about each area as it relates to your own life and any tensions that are present.

For example, in the marriage/relationship box, you might write, “My husband and I both work full time. We have two small children, and after they go to bed, we are both tired and want time to individually catch up on our favorite TV shows, projects, etc. Consequently, we aren’t getting the quality time we need.”

Work	
Children	
Marriage/ Relationship	
Home	
Friendships	
Self-care	
Activities (i.e., church, school, community)	

Does your life have other areas of tension that need to be addressed? If so, please note them below.

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When you think about your mental load, what is a burden to you?

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Do you think your priorities are in order, or have they gotten out of whack? Why?

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What are your core values?

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In what ways are you investing in those values?

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In what ways are you spending time that doesn't relate to your values?

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What's one change you can make to live in a way that better reflects what you truly value?

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# CHAPTER 2

## Reflections on Your Goals and Time

What motivated you to read this book?

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Think about and record three goals for where you would like to be in ninety days. Think bite-sized and attainable yet risky goals. Follow the SMARTER system. Writing down these goals, even if they seem small right now, is like drawing a line in the sand. Putting pen to paper is a powerful first step in creating change in your life.

For example:

Goal 1: Establish a routine that includes one hour of exercise three times a week.

Goal 2: Do not respond to work email in off hours.

Goal 3: Read to my children every day.

*Your turn:*

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Goal 3: \_\_\_\_\_

Now make a copy of those goals and hang them somewhere visible. For extra motivation, make one of the goals a password you regularly type.

One of the best ways to get a sense of what life looks like right now is to track your time during a continuous seven-day time period. (See page 25 for a time-tracking chart.) Use the time-tracking grid to record everything you do in one week. At the end of the week, review the way you spent your time. Add up the hours you spent on major tasks such as work, kids' activities, home management, etc. Then answer the following questions:

Where did I spend my time?

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What items are nonnegotiables (e.g., work, taking kids to school, etc.)?

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What time was wasted?

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What activities could be streamlined in my schedule? (For instance, does doing laundry every day make sense, or would it be better to do it as a marathon on one day?)

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Am I doing too much? Do I need to be better at saying no?

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Did I do anything just because it would have made me feel guilty to not do it?

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Would it be helpful to ask for or hire help for any of the things I spent time on during the week?

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Did I take time for myself? If so, how much time?

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Overall, how did I feel this week? Happy? Tired? Stressed? All of the above? How did these emotions impact me and my activities?

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# CHAPTER 3

## Reflections on Your Feelings

On a scale of 1 to 10, how often do you feel guilty in a typical day?

1	2	3	4	5	6	7	8	9	10
Rarely			A few times				All the time		

Who or what in your life causes you to feel guilty? Circle all that apply.

Myself	Others	Spouse
Media	Children	Church

Why do you think these feelings rise up? Is the guilt pointing to another issue in your life?

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What changes could you make so that you don't feel guilt as often?

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To whom do you compare yourself? Write their names, then write one positive way your personality, strengths, or life circumstances are different from theirs.

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What causes you to have FOMO? How can you minimize or eradicate those causes?

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What thing or things do you do only because you think you should? Fill out the chart below, paying special attention to the ways you could change this habit, activity, etc. For example, do you have your child in multiple extracurriculars even though the busyness makes you stressed? Could you eliminate an activity from the calendar?

I do this because I think I should

I would like to make this change


What is something you need to let go of?

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Write down three things you are grateful for today.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down three positive words that will remind you of the things you're doing well as a working mother.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Write your purpose statement.

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# CHAPTER 4

## Reflections on Your Self-Care

What do you currently do to maintain good mental health?

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In what ways do you neglect your mental health?

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When you think of your passions, what immediately comes to mind? If it has been a long time since you made time for your passions, consider what you enjoyed doing as a child and if that would have relevance to you as an adult.

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Taking care of your physical health includes several habits. Consider the following practices and make notes about the areas in which you are doing well and in which you need to improve:

Regular checkups	
Water intake	
Exercise	
Healthy eating	
Rest	

What faith-nurturing activities do you regularly practice? Which would you like to do more?

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Are there certain times of the day when you feel most open to spiritual care? If so, how can you better use that time?

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If you neglect yourself when life gets busy, think of something else you could sacrifice instead. For instance, instead of making a home-cooked meal, maybe you could get takeout or keep things simple with sandwiches and fruit. Write down three ideas for simplifying your life during busy times so you can continue to make yourself a priority.

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# CHAPTER 5

## Reflections on Your Work

Why do you work?

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Work has many benefits. Reflect on and write down at least three benefits your work brings to your life and family.

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Which job orientation fits your perspective toward your work: job orientation, career orientation, calling orientation?

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On a scale of 1 to 10, how good are you at establishing boundaries in your work?

1	2	3	4	5	6	7	8	9	10
Not so good			OK				Great!		

Consider your current workload. Is there something that could be scaled back? If so, write down some action steps to make that happen.

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How often do you take a vacation? Do you use all your vacation days each year?

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How do you currently use your lunch break?

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What tools can keep you organized in your work?

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Do you currently have any flexibility in your job? If not, make a list of possible ways your job could be flexible and plan a time to speak with your boss. If so, are you using those flexible benefits wisely? What shifts in your schedule could you make so that you have increased flexibility?

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Are you where you want to be in your career? If not, list any short or long-term goals for the future.

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What is your community like at work? List three ways you could deepen that community (i.e., plan a potluck, surprise someone with a handwritten card, invite a colleague out to lunch). Pick one of those three ideas and act on it this week.

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Review this chapter's productivity hacks. Which ones can you adopt in your own life to be more productive?

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Having conversations with your spouse about your long-term dreams and goals is important. Have you shared these aspirations with your spouse? If not, take time to do so this week and record how it went below.

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Are you feeling resentful? If so, write down if it is resentment toward self, toward your spouse, or general resentment, as well as why. Then find an opportunity this week to have an honest conversation so that this feeling (or feelings) won't take root in your life.

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In what area could you use some help from your spouse? Write it down, along with a commitment to discuss it.

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Write a love letter to your spouse or significant other. Not an email or a text. An actual handwritten note. Say what you love about him, how he makes you feel, why he's your best friend. Leave the note where it will surprise him when you are not around—in the bathroom, on his driver's seat, in his lunch.

# CHAPTER 7

## Reflections on Your Parenting

What daily and weekly practices are important to you in parenting your children?

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As you consider the times of day you have with your children, how can you intentionally focus on them? Use the grid below to document habits you can put into practice. If you are not home with your children during a particular time, simply record N/A.

Morning	
Lunch	
Afternoon	
Evening	
Weekend	

How does your work impact your family—positively and negatively?

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When you think about your role as a mother, what do you want your children to remember about you?  
How can you ensure that this is the memory you are giving to them?

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What is one habit you can work on in your parenting? Using the SMARTER system, write a goal to help you in this area.

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This chapter includes a series of “be a mom who is” statements. Which one resonated with you the most and why?

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Do you have a family mission statement? If not, take time to write one as a family. This will help to guide you and your family’s priorities.

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Gratitude fosters togetherness and happiness within families. Consider buying a piece of poster board and creating a family gratitude board.

# CHAPTER 8

## Reflections on Your Home

What three habits can you put into place to make managing your home easier? Write out the three R's for each habit.

Habit: \_\_\_\_\_

1. Reminder: \_\_\_\_\_

2. Routine: \_\_\_\_\_

3. Reward: \_\_\_\_\_

Habit: \_\_\_\_\_

1. Reminder: \_\_\_\_\_

2. Routine: \_\_\_\_\_

3. Reward: \_\_\_\_\_

Habit: \_\_\_\_\_

1. Reminder: \_\_\_\_\_

2. Routine: \_\_\_\_\_

3. Reward: \_\_\_\_\_

What systems can you put in place to help reduce clutter and chaos in your home? If you are unsure, brainstorm concerning your home's problem areas and what might help.

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Circle the area(s) you could use help in at home.

cleaning

organizing

shopping

meal preparation

home maintenance

child care

Consider the types of services described in this chapter and determine which three could help you manage your life with more ease.

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# CHAPTER 9

## Reflections on Your Friendships

What kind of community do you enjoy most? One-on-one relationships? Small groups? Events?

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What do you like about this kind of community?

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What are the top three qualities you look for in a friend?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Circle the biggest hurdles for you in making time for friends.

Hurdle

Way to Overcome

I don't know anyone.	
I don't have time.	
They don't ever call/text me.	
Their schedules are different from mine.	
I don't have the financial resources to go out.	
We don't live near each other.	
We are not in the same stage of life.	

Look at the hurdles you circled. For each one, identify a way to overcome that hurdle.

What are some ways you can reach out to friends to let them know you care?

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Take time to plan a lunch with a friend in the coming week. Write down the day and location.

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# CHAPTER 10

## Reflections on Your Life

When you think about your current life as a working mom, what brings you satisfaction?

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What three things do you love about your life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What does thriving as a working mom mean to you?

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What three changes would you like to make in your day-to-day life as you move toward living better and loving your life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# STRETCHED TOO THIN

## • TIME LOG •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5AM</b>							
5:30							
6:00							
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