

The background is a light blue gradient with various icons scattered throughout: pink-outlined clocks, yellow lightning bolts, and stacks of gold coins with dollar signs. The main text is centered in a white box with an orange border.

WELL SPENT TOOLKIT

**TIME, MONEY, AND ENERGY -
SO YOU CAN LIVE WITH
PURPOSE.**

**INCLUDES: MONEY RESET + TIME RESET
+ ENERGY RESET + 30-DAY CHALLENGE**

QUICK START (2 MINUTES)

This toolkit is here to help - not overwhelm you.
It's not meant to feel like homework. It's meant to give you a simple reset.

Here's the easiest way to use it:

1. Pick one reset page each week (Money, Time, Energy).
2. Use the 30-day challenge as your daily guide.
3. If you miss a day, don't quit. Just pick it back up.

Start date:

Finish date:

My goal for the next 30 days:

I want to feel more _____ and less _____.

One small commitment I can keep this month:

- 10 minutes of quiet before my phone
- One planned rest block each week
- A simple plan for my spending
- One boundary that protects what matters
- Other: _____

Small steps, done consistently, can change the direction of your life.

A NOTE FROM CHRIS FLUITT

Hey, I'm Chris Fluitt.

If you're anything like me, life can feel like it moves fast and costs more than we expect. We wake up already behind. We spend time we don't have. Our money is not stretching. Our energy is failing.

And somewhere in all of that, it's easy to drift - to look up and realize we're spending life, but not really living it on purpose.

That's why we made this.

The Well Spent Toolkit is a simple, practical guide to help you take a real step forward. Not perfection. Not guilt. Just a reset. A way to get honest about what's leaking and start investing in what actually lasts.

This toolkit goes along with our Redemption Church message series, *Well Spent*. I'd genuinely love to invite you to be part of it. You don't have to have it all together. You don't have to know all the answers. You are welcome at Redemption Church.

Join us in person:

Redemption Church - Sundays at 4:30 PM

2001 Independence Pkwy
Plano, TX 75075



Or join us online:
facebook.com/myredemption

Start small. Stay consistent.
That's where real change usually begins.

Chris Fluitt



MONEY RESET (10 MINUTES)

A BUDGET ISN'T A RESTRICTION - IT'S A DIRECTION.

1. Find your leaks (circle any):

Subscriptions, drive-thru, eating out, impulse buys, online shopping, late fees, convenience spending, "treat yourself," other: _____

2. Pick your lanes (start simple):

Give: \$_____ / week

Save: \$_____ / week

Live: \$_____ / week

3. Choose one change for this week:

I will: _____

4. Quick win:

One expense I can cut or reduce this week: _____

TIME RESET (10 MINUTES)

BUSY ISN'T THE SAME AS MEANINGFUL.

1. What is your time leak? (circle any):

Phone, streaming, social media, doomscrolling, overcommitting, people pleasing, procrastination, busywork, other: _____

2. Full vs fruitful:

One thing that keeps me busy, but doesn't really matter:

3. Schedule one "what matters" block this week:

Day: _____ Time: _____

What I'll do (circle one):

Read, pray, walk, journal, quiet, family time, other: _____

4. One boundary I'm setting this week:

ENERGY RESET (10 MINUTES)

**BURN BRIGHT COMES FROM A BETTER RHYTHM -
NOT MORE GRIND.**

1. Quick check (check any that feel true lately):

- Always tired even after rest
- Short fuse / easily irritated
- Numb or unmotivated
- Overthinking or anxious
- Feeling behind no matter what
- Using screens/food/spending to cope
- Isolating
- Dreading normal responsibilities

2. Pick one reset for this week:

- Hard stop time at night: _____
- 15-minute walk (2x this week)
- Earlier bedtime (2 nights)
- 2-4 hour rest block
- Reduce one drain: _____

3. One support step:

I will reach out to: _____

4. One sentence commitment:

This week, I want to feel more _____ and less _____.

30-DAY WELL SPENT CHALLENGE

**SMALL STEPS. MISS A DAY?
NO SHAME. JUST PICK IT BACK UP.**

Week 1

- Day 1** Track what you spend today.
- Day 2** 10 minutes of quiet before your phone.
- Day 3** 15-minute walk (no headphones).
- Day 4** Write one sentence: "I want my life to be about _____."
- Day 5** Encourage one person (text or call).
- Day 6** Do one life-giving thing outside.
- Day 7** 2-hour rest block (no guilt).

Week 1 Reflection: What was well spent this week? _____

Week 2

- Day 8** Cancel one subscription you don't use.
- Day 9** Put your phone in another room for 30 minutes at home.
- Day 10** Go to bed 30 minutes earlier tonight.
- Day 11** Write your top 3 priorities for this season.
- Day 12** Have one conversation with no multitasking.
- Day 13** Eat one meal with no screens.
- Day 14** Reflect: What drained me most this week? _____

Week 3

- Day 15** Set a simple give/save/live plan for this week.
- Day 16** 10 minutes of quiet before your phone (again).
- Day 17** Do one task you've been avoiding (just one).
- Day 18** Delete one app that steals your time.
- Day 19** Give something: time, help, or generosity.
- Day 20** 1-hour rest block + short walk.
- Day 21** Reflect: What do I want to keep doing? _____

Week 4

Day 22 Name your biggest leak (money/time/energy): _____

Day 23 Set one boundary and tell someone about it.

Day 24 Pray for someone by name.

Day 25 Plan tomorrow in 5 minutes (top 3 things).

Day 26 Do one small act of service.

Day 27 Get outside and breathe (15 minutes).

Day 28 2-4 hour rest block (or as much as you can).

Week 4 Reflection: What changed in me this month? _____

Finish strong

Day 29 Write: This month I learned _____

Day 30 Pick one habit to keep: _____

THANKS FOR DOING THIS

If you made it this far, I just want to say: I'm proud of you. Small changes, done consistently, can change the direction of your life.

And here's the honest truth: sometimes what we need isn't just better habits - we need something deeper to come alive again. If you've felt tired, stuck, numb, or like you're just going through the motions, I want you to know you're not alone. That's why I'm really excited about what's coming next at Redemption.

Next series:

How to Live Again

Strategies to roll stones away and experience real resurrection.



Schedule:

- Sun Mar 29 - Hope Again
- Sun Apr 5 (Easter) - He Can Call You Out of the Tomb
- Sun Apr 12 - Love Again
- Sun Apr 19 - Lead Again
- Sun Apr 26 - Dream Again

Join us in person or online.
You are always welcome.

Chris Fluitt

If this toolkit helped you, I share short encouragement and practical leadership insights throughout the week. Keep the conversation going.

● **Follow on Facebook**
facebook.com/ChrisFluittPage





STAY CONNECTED

WE'D LOVE TO SEE YOU - IN PERSON OR ONLINE.

Sundays at 4:30 PM

2001 Independence Pkwy Plano, TX 75075



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