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REL 200
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“Hear Him” Beginning

As I spent time praying and reflecting, I expressed gratitude for my family, my education, and the opportunities I have right now. I also recognized how divided I have felt among school, family responsibilities, future plans, and the needs of the people I love. I often feel pressure to manage every responsibility perfectly and find immediate answers to questions that take time. During this reflection, I felt reminded that I do not have to carry everything at once. I need to slow down, seek spiritual direction, trust Heavenly Father’s timing, and give my full attention to the people and responsibilities that matter most in each moment.

One small way I can act on this impression is by making intentional time for my relationships. My goal is to spend one phone-free hour with Aaron each week, whether we take a walk, have dinner, or talk quietly at home. This will not require complicated planning, but it will require me to set aside distractions so I can listen carefully, communicate openly, and enjoy our time together. Each week, I will record whether I followed through and remained present. I hope this simple habit will help me create a healthier balance, become more thoughtful about my family’s needs, and make more room for peace, gratitude, and Heavenly Father’s guidance.

MY GOAL: My goal this semester is to spend one intentional, phone-free hour with Aaron each week so I can listen, communicate, and be fully present.