

**JUST
LEAD**
WITH MARK Q



SHOW NOTES

EPISODE 35: New Year Rhythms | Finding The Groove For Your Life, Family, and Organization in 2024

The best drummers in the world understand the nuances of timing & rhythm better than anyone. They aren't crashing all the cymbals and slapping the toms all at once. They know when to play, when to rest, and all of the dynamics in between. So it is with our lives, families, and organizations. If we are going to be the best we can be in 2024, we have to establish healthy rhythms that keep everything clicking. You might not be the next big rockstar, but we're confident you can find your groove this year.

Remember, ultimately rhythm is about timing. Ask yourself, do you know when to be ON and when to be OFF? There are times in the day, week, month, and year where you're crushing it! But for a healthy rhythm, there also must be moments of rest in those same timeframes. Otherwise our lives sound like a crashing, chaotic mess.

Deuteronomy 6:6-7 - *6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.*

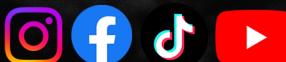
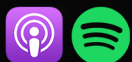
DAILY MOMENTS TO SPEND WITH FAMILY & FRIENDS - **1. Morning Time, 2. Drive Time, 3. Meal Time, 4. Evening Time.** Whether you have kids, a spouse, or are single and spend most of your time with friends, each of these times have unique opportunities to instill values & build relationships.

WEEKLY RHYTHMS - A healthy rhythm you can implement is a weekly dinner or get together with friends or family. Think about wrapping this around your Sabbath & work at it to make it a consistent rhythm in your life. The payoff & reward is worth the hard work.

Find the best time to **align your calendar** for the week, most likely sometime on your weekend. If you try to manage the week in the middle of the week, it's going to be a mess. As our friend Lance Witt says, "grab your calendar by the throat," and tell it what to do!

Make sure your "**busy season**" doesn't turn into a "**busy climate.**" We get it! There are times of the year that are high output seasons. But if one busy season leads to another that leads to another — it can too easily become an excuse. Make sure you **establish the BEGINNING and END** of the season from the onset. And make sure you have **accountability** in your life to speak candidly to you when you are burning the candle at both ends.

Make vacation a discipline and priority in your life. It's a reminder that everything does not rise and fall on you. To speak kindly, you are not that important! Take time off & step away. A rested mind is clinically proven to be more efficient and effective in every way. Not only that, it's a way to see how well your teams are trained and ready in your absence!



If you're able to, we highly recommend stepping away for a weekend to do a **"calendar summit."** This designated time gives you space to pray, think, dream, and plan for the year ahead. Ask "what could be," for your life, family, work, finances, social life, and everywhere in between. Bottom line, your calendar is really a budget for your time. Dream & plan for where the time is going to go!

ADDITIONAL RESOURCES:

- [Your Best Year Ever by Michael Hyatt](#)
- [The Power of Moments by Chip & Dan Heath](#)
- [Start: Punch Fear In The Face, Escape Average, & Do Work That Matters by Jon Acuff](#)
- [To Hell With The Hustle: Reclaiming Your Life In An Overworked, Overspent, and Overconnected World by Jefferson Bethke](#)
- [Four Thousand Weeks: Time Management for Mortals by Oliver Burkeman](#)
- [Take Back Your Family Handbook by Jefferson Bethke](#)
- [It's Just A Phase: So Don't Miss It by Reggie Joiner & Kristen Ivy](#)
- [The PARA Method: Simplify, Organize, and Master Your Digital Life by Tiago Forte](#)
- [Live to 100: Secrets of the Blue Zones](#)

CONNECT WITH US:

- [Mark Q | Instagram](#)
- [JUST LEAD | Instagram](#)
- [JUST LEAD | Facebook](#)
- [JUST LEAD | TikTok](#)
- [JUST LEAD | YouTube](#)

GOT A SITUATION?

We want to help YOU lead through it. Tell us about it at hello@justlead.me.

LISTEN & SUBSCRIBE

If you haven't yet, make sure to tap subscribe on your favorite podcast platform — [Apple Podcasts](#), [Spotify](#), and more. We release NEW episodes on the 1st and 3rd Wednesday of every month. Turn on your notifications and you'll be the first to know when new content drops.

LEAVE A REVIEW

If you love the show, head over to Apple Podcasts and leave us a [5-Star Review](#)! This is one of the best ways to help other people find us and join the JUST LEAD community.