



THE “TO DO” OR “NOT TO DO” LIST

**7 Easy and Essential steps
to Positively improve your
marital and parental life**

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Discover how to rid yourself of that stress you constantly live under and Biblically improve your marital and parental life.



The To Do or Not To Do List
For positively focused and fulfilled purpose
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THE TO DO OR NOT TO DO LIST

FOR A POSITIVELY FOCUSED AND FULFILLED FAMILY PURPOSE

7 Easy steps to improve your marital and parental life

We all have a “To Do List.” Or at least, we should. Why? Because a “To Do List” helps us keep track of things that need to get done. A To Do list helps us keep our pace, our peace and our purpose in motion.

A “To Do List” helps us declutter our minds to be able to accomplish those things that must be done. A “To Do List” helps us stay focused on what’s an important – separating priority from the lesser objectives.

This list is similar, yet different. This is a list of positive objectives to keep in mind and DO in order to positively influence your entire life, your marriage and your family.

Here are the **7 easy and essential steps to positively improve your daily marital and parental life.**

1. Laugh every day

The reality is that we frown more than we laugh on any given day. We’re constantly processing thoughts and figuring things out.

Stress is our constant companion. So it’s important that we are intentional about finding something to laugh about.

Laughter is good for the soul and even for the body.

Here’s a scripture to apply to that:

- a. Proverbs 17: 22** *A joyful heart is good medicine, but a crushed spirit dries up the bones.*



If laughing wasn't important, then we wouldn't've been created to laugh. Human nature loves to laugh more than to cry, complain or grumble. So laugh every day. It's healthy to your soul and to your bones.

2. Find something to be happy about - every day.

This is not quite the same as #1 because you may find something to be happy about yet not cause you to laugh. A smile is not the same as a belly laugh. Yet, it is important to be happy about something every day.

In our church, I ask people to share "celebrations." A celebration is like a testimony except it doesn't have to be personal. It's something we can all celebrate about. Something that God did for somebody anywhere in the world.

It's important that we get some good news and learn to be happy about what God is doing in us, through us and around us. Be diligent to find something to be happy about.

Society and the 10:00 o'clock news are filled with bad news. Everywhere you turn you'll find bad news. So it's important to adamant about searching for good things that causes you to be happy about.

In some cases this comes by way of something you hear, read or experience. Happiness comes from "Happenings" so as you see things happening around you or in your own life, then learn to be content and happy about it.

Here's a scripture to apply to that:

- a. **Psalm 126:1.** *When the LORD restored the fortunes of Zion, we were like those who dream. Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, "The LORD has done great things for them." The LORD has done great things for us; we are glad.*



3. Thank God for something at least three times a day – Be creative.

Right along with laughter or happiness, feel free or better yet, be intentional about thanking God about those things. Make it an effort to thank him three times a day. Why three times? Because it's better than just once. So enjoy being thankful.

Thank God for your health – even if it's not perfect, you're breathing and can still accomplish something regarding your purpose.

Thank God for your family.

Thank God for the gift of life.

Thank God for the gift of family.

Thank God for your country, even if you don't agree with much of its laws and systems.

Thank God for your church – even if there are situations that need correcting.

Thank God for the weather – even if it's not the temp you want today.

Just thank God for something. Thank God that you can thank God.

So there, it's not that difficult to find things to be thankful for.

Let's see what some biblical authors have to say about that.

Here are scriptures to apply to that:

- a. **Psalm 9:1** *I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds*
- b. **1Corinthians 15: 57** *But thanks be to God, who gives us the victory through our Lord Jesus Christ.*
- c. **Psalm 106:1** *Praise the LORD! Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!*



4. **Be a good listener of your children.**

Enjoy listening to your children and let them share from their hearts. This helps them feel secured in your love for them

A child's greatest asset in their lives, other than their relationship with God, is their security in their parent's love. If they know that they are loved, they will sleep with a great expectancy of tomorrow.

We're all very busy and taking time to listen to our children play, laugh and goof-off is a luxury and a blessing. Amidst all our busyness, it's important to find time to listen to them, making sure they know they are loved.

Here's a scripture to apply to that:

- a. **Psalm 127:3** *Behold, children are a heritage from the LORD, the fruit of the womb a reward. 4 Like arrows in the hand of a warrior are the children of one's youth. 5 Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate*
- b. **Proverbs 17:6** *Grandchildren are the crown of the aged and the glory of children is their fathers.*

5. **Be easy on yourself.** Relax from the inside out.

As I said earlier, stress is our constant companion. We live in a society of great demands; from work, to paying bills, to doctor visits, to car trouble or traffic jams – even speeding tickets – ugh, the stress of that. (Thankfully, I haven't gotten a ticket in over 20 years.

We push hard – even if we're just sitting behind a computer. It is important to find some time every day to relax.

I know that we're all busy with extracurricular activities, but if we don't relax before we hit the sack, then we're going to stress even while we sleep.



So relax. Let your mind and your body relax – even if it’s 30 minutes a day. Get you some coffee or hot tea and sit on your front porch, back deck, or at a park, at the beach, or just in your living room and enjoy some “chillaxing” time.

During this time don’t let yourself or anybody else talk about problems, bills, taxes, or anything negative. If you want to talk, just talk about something fun, good, and positive.

Here’s a scripture to apply to that:

- a. **Isaiah 26:3** *You keep him in perfect peace whose mind is stayed on you, because he trusts in you*

- b. **Psalm 116:7** *Return O my soul, to your rest; for the LORD has dealt bountifully with you.*

6. Be Patient

Oh my, that’s a tough one, isn’t it? Patient? Really?

The 21st century is the century of the impatient. With microwaves, drive-throughs and instant everything – who’s got time for anything?

Who’s got time to be patient?

The reality of life is – everything of quality takes time, so you might as well apply some patience to your day.

Patience is a virtue of life required for a unified marriage, peaceful family and a consistent life filled with love, gratitude and influence.



Patience is a must on our To Do List.

Here's a scripture to apply to that:

- a. *Luke 8:15*** *As for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bear fruit with patience.*
- b. *Colossians 1:11*** *May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy*

7. Be positive, optimistic and faith-filled.

Well, why be negative all the time? We have enough negativism all around us most of the time – so be positive.

Believe!

Be optimistic when trying new things, new approach and new adventures. Quit being “Downer James.” Be “Upper James.” Get the point?

There's nothing worse than to hang around or talk to people that are always negative. I'm not saying that you need to deny the reality of things and problems. But the problems don't need to dictate your outlook in life.

Your problems and the things you need to deal with will be affected by your outlook and your values in life. It's as simple as that.

Here's a scripture to apply to that:

- a. *Psalm 27:13*** *I believe that I shall look upon the goodness of the LORD in the land of the living*
- b. *Mark 11:24*** *Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.*



I hope that with this list you're able to put some things in place. You may already be doing all of these – if so, then congratulations. But I know that most people don't have this “To Do List” like this one or a similar one in their daily agenda.

To further the quality of your “To Do List” and of your marriage and family lifestyle, you can download my free course [**4 Simple Steps To Lead Your Family With Vision.**](#)

This course comes with a free pdf file to help you keep your family vision in motion and keep track of what you're doing.

My wife and I have done this for over 15 years and continue to use the same format. It has enhanced our marriage and our family a great deal. [Download your free course now.](#)

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You can also contact me at: therebrandedlife@gmx.com

Be sure to follow me on Facebook at: <http://www.facebook.com/therebrandedlife>

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For additional questions, concerns to things you're dealing with that need answers, please email me directly and I will be happy to provide for you as much help and value as I can.

I look forward to connecting with you and share with you more tips, insights and some wisdom to help you live your family life with purpose.