



Grace not Perfection

FOR YOUNG READERS

*Believing You're Enough
in a World of Impossible Expectations*

EMILY LEY

A PDF COMPANION TO THE AUDIOBOOK



Chapter 1

LET'S TALK ABOUT GRACE



MY THOUGHTS

What does heart-bursting joy look like to you?

When was the last time you were heart-bursting happy?

How can you add more heart-bursting joy to your life?



Chapter 2

WHAT'S IN YOUR WELL?



How are you?



MY THOUGHTS

How can I love myself?

How can I love others?



I love...





Chapter 3

PLAN FOR JOY

THE BAG PLAN

Mark off each space as you complete it.

- ☐ Closet
- ☐ Desk
- ☐ Nightstand
- ☐ Under the bed
- ☐ Bathroom
- ☐ Other spaces





MY THOUGHTS

What are your treasures?

Where can you put them so you'll see them often and smile?



Chapter 4

**MAKING MARGIN FOR
WHAT MATTERS**



MY THOUGHTS

What would you do in the margins—the white space—of your days?

Where would you be still?

Which moments would you savor?

CHECKLIST

Make a list of all the things you have to do. Put a star next to the ones you want to quit. Then talk to your parents about what you can quit and how to do it.



Figure out the things that matter most to you. Then make sure your calendar shows how important those things are. Give yourself the gift of margin.

DO WHAT
MATTERS



Chapter 5

**WHEN YOU'RE NOT
IN CONTROL**



MY THOUGHTS

Which situation are you trying to control right now?

Where do you need to let go?

What worries are piling up inside you?



Chapter 6

**POUR LOVE INTO
YOUR FAMILY**



MY THOUGHTS

What traditions does your family have?

What traditions would you like to start?



Chapter 7

ENJOY THE CIRCUS

Make a list of five messes, things, or tasks in your life that cause you stress. Beside each one, list a tiny joy that is hidden inside each.

1. _____
2. _____
3. _____
4. _____
5. _____





Chapter 9

IT'S ALL ROUTINE

MY IDEAL MORNING ROUTINE

What does your ideal morning routine look like?

1. _____
2. _____
3. _____
4. _____
5. _____

WRITE YOUR OWN RULES. What comes first in your life—no matter what? Creating this set of rules for your life will make it easier to decide what gets your attention when the day gets crazy.

Rules:

1. _____
2. _____
3. _____

Make a list of chores that you are responsible for and when you will do them.



Chapter 10

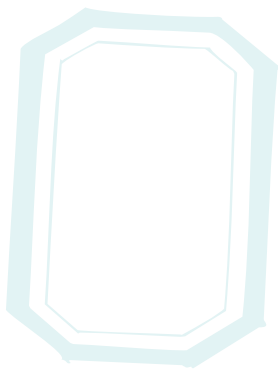
**A GRATEFUL HEART
CHANGES EVERYTHING**



What are you grateful for? Make a list. Big things and small things. It can be everyday things and once-in-a-lifetime things. It might be family and friends. Or it might be people, pets, and places. What are the blessings in your life?

- _____
- _____
- _____
- _____

Make your own gratefulness gallery. It could be a wall of photos like mine. Or yours might be on a shelf, a bookcase, or even a bulletin board. What blessings would you want to have pictured? If you don't have a photo, what object might remind you of the gratefulness you felt (like a ticket from a special time with a friend)?





Take a minute to write down three situations you're facing right now that seem hopeless. Is there even a tiny nugget of hidden silliness anywhere in them? Is there something to be grateful for that could help you see the blessings even in this situation?

What things bring you the most joy? The deep, uncontrollable, belly-laugh kind of joy? Make a list below.



Is there someone in your life who you can really show up for with grateful grace, just as my mom showed up for my grandmother? Maybe an elder in your church is sick, and you make him or her a meal. Or maybe your sister sprained her ankle, and you volunteer to take on her chores for a while. Take a moment to think about your friends, family, and community, and write up some ways you can share God's grace.



Chapter 11

THE LIFE YOU WANT TO LIVE



*What words would you use to describe
the life you dream of having?*



Describe the life you want to build for yourself. Don't worry if it's out of your reach right now. It's only after naming your dream that you can try to make it happen. Revisit your dreams every few weeks or months. What has changed? What has stayed the same?



Chapter 13

THE LIES ARE EVERYWHERE



MY THOUGHTS

Record all the good things you find in today.



Chapter 14

CHOOSE CONTENTMENT



Where do you see yourself wanting more and more?

Keep track of your spending over the next week or two.

Not just how you spend your money but also how you spend your time. What are you wasting the most time and money on? What hole might you be trying to fill?
