

# Sunday Night Posture

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16 Oct 2016 08:54 AM

### All Good Things...

Had a rather full, involved, activity laden weekend with the family. Fall yard work, including the removal of a couple trees yesterday, and multiple family activities between church and Alpha. This has left my wife and children with a bit to catch up on tomorrow when I go back to work.

With the few remaining moments I have before bed time, I decided to clean up the kitchen (before writing this- ;-P). I could have played a League match, caught up on the League Worlds semifinals match, read a few tech articles, studied some JavaScript or Bible passages. Any one or combination of 15 things. But I chose to do the dishes and start some laundry instead.

I asked myself why.

Turns out it's important to me what my family wakes up to. I want them to wake up to a kitchen that's ready for breakfast and a few loads of laundry that are ready to fold and put away (a job that we do per person) instead of a pile of dishes and laundry that need to be washed and dried. Even though I know we're behind on housework and therefore my family has plenty of catchup work to do around the house, I chose to do my part on Sunday night instead of rather appealing alternative activities. This choice was one done full heatedly and with joy. Because I believe in life that posture is important and if I'm able to help my entire family approach a Monday with a healthy posture, I've already done part of what I can to help us have a good day and even setup a good week for us all.

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