



EMOTIONALLY THRIVE THROUGH TURBULENT TIMES



CHECK YOUR EMOTIONAL GAUGES



RELATIONSHIPS

HOW HAVE YOU BEEN ENCOURAGED BY A CHRIST-FOLLOWING FRIEND OR HOW HAVE YOU ENCOURAGED A FRIEND THIS WEEK?



WORSHIP

HOW WAS YOUR HEART ENCOURAGED BY WORSHIPPING GOD THIS WEEK?



YOUR BODY

HOW HAVE YOU INTENTIONALLY RESTED, EXERCISED, & NOURISHED YOUR BODY THIS WEEK?



FINANCES

DID YOU MANAGE YOUR MONEY THIS WEEK IN SUCH A WAY THAT GIVES YOU PEACE? **IF YES, HOW? IF NOT, HOW?**



NATURE'S MEDICINE

DESCRIBE HOW YOU HAVE SPENT TIME THIS WEEK IN NATURE OR WITH YOUR PETS