

For Further Reflection

- Draw a circle and divide it into 8 “slices.” Each slice represents an area of your life:
 - Self Care
 - Fun/Recreation
 - Finances
 - Life Work/Vocation
 - Family Life
 - Marriage/Romance
 - Spiritual Rhythms
 - Friends/Relationships

For each slice, on a scale of 1-10, with 1 being least satisfied and 10 being most satisfied, give your life currently a number in each area. Be honest! Notice what is highest and what’s lowest. What needs attention? Where are you out of balance?

- On a separate paper, answer these 4 questions:
 - What is good about my life right now?
 - What is wrong or concerns me about my life right now?
 - What is missing in my life currently?
 - What is confusing or unclear in my life currently?

After writing these lists, sit with Jesus with what you’ve written. Thank Him for what is good, bring to Him your concerns and confusion, ask Him to give you clarity and insight around your current life situation.