

# APPRECIATION EXERCISE

1. Write down the name of someone who has recently encouraged you. Briefly describe how and why they encouraged you.

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2. Focus on the memory of receiving this encouragement until you feel appreciation for their words. Write down how you felt in the memory and how you feel now while focusing on the memory. Include bodily sensations (*warm, full, energized, relaxed, peaceful, etc...*) and emotions (*joy, happy, free, together, calm, peaceful, etc*).

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3. Write down why this encouragement is meaningful.

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4. God uses people to speak encouragement into our lives. The words you received are from Him. Thank God for the fact that He sees you as marvelous.

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5. Who in your life can you bless back with some words of encouragement today?

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# Mid-Season Review

## A. 2 Truths and a Lie

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## B. Learn It Sessions

1. Have you intentionally thought about and then used your strengths and abilities to bless your home/family/others?
2. Have you changed anything in your schedule/life to get your life on the right race track?
3. Did you complete your goal in one of the 7 Key Areas of Life?

## C. Blogs:

Have you used any of the ideas from the blogs to make changes in your daily life?

## D. Live It Weeks

1. What have these weeks been like so far? What was your first week like? Have you seen changes since then? What is still hard?
2. Have you seen things other moms have done that you have tried?
3. What is still hard?

Listening Prayer: is there a strategy God wants to give you for this or a different perspective to help you? \_\_\_\_\_

Is there something He wants to show you this year, or something He wants to use you to do for other moms? \_\_\_\_\_

What does He want your child to grow in this year? \_\_\_\_\_

# Understanding Our Bodies

## E. Self-perception

Rate how you feel you are doing right now in the 7 core areas of your life.

- If you are giving consistent time and focus to an area and it's working well for you, score it at a higher rating.
- If you know you are not consistent in an area and are not getting the results you'd like then give it a lower rating.

## F. Reality

## G. God's Perspective

1. Pray and ask God to show you which areas of your life are doing well right now and why.
2. Next ask Him to show you which area you need to focus on right now so that you stay in the race. What goal can you set in this area to make that happen?

## H. Schedule It

If you don't write it down it's less likely to happen!

WHEN will you do this and how can your table hold you accountable?

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