

SOUL CARE [1]

When you think about the pace of your life, where would you place yourself on the line below? Mark your estimate with an X. Share with the others where you placed your X and why.

1 — 10

Unhealthy Rhythmn — Healthy Rhythmn

1. How can an unhealthy pace impact you?

2. What would an ideal Sabbath look like for you?

3. What are your biggest roadblocks to consistently practicing Sabbath? As you answer that question don't just think about external circumstances but also about internal roadblocks as well.

4. Complete the Replenish Bucket exercise. The purpose of this exercise is to identify the things/activities that fill your tank and keep you healthy. In life, there are all kinds of things that suck/drain the life out of us. But to stay healthy, we need to have a few things that put life in us.

    a. In each of the 5 rectangles, write down an activity that is bucket filling for you. Think about this for a moment. What is it, that when you do, it fills you? It could be alone time in the morning, or a date night with your wife, or working out, or dinner with friends, or being in nature, or painting... Take 2-3 minutes for people to write these down.

    b. Now, either in the box or next to it, write down how often you need this ideally. If there are things in your rectangles that you can't do at least once a quarter, I would find something else to put in the box. So, for each of these, is it something that you ideally need daily, weekly, monthly, twice a month, etc.?

c. Now, in each box write one of three letters... R, Y, or G. For Red, yellow, green. This is to indicate the current status the activity you have written in the box.
GREEN = flourishing and thriving in your life right now
YELLOW = means it's not terrible
RED = means it is almost nonexistent in your life right now

d. Circle the one that is most critical to you staying in a healthy place. In other words, it is most important to replenishing you.

e. There is one final piece. At the bottom of the diagram is a hole in the bucket. Write down one thing that you might need to consider removing from you life that drains your bucket.

REPLENISH-BUCKET

