

weekly

RHYTHM TRACKER

REST

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S	M	T	W	T	F	S

RESTORE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S	M	T	W	T	F	S

CONNECT

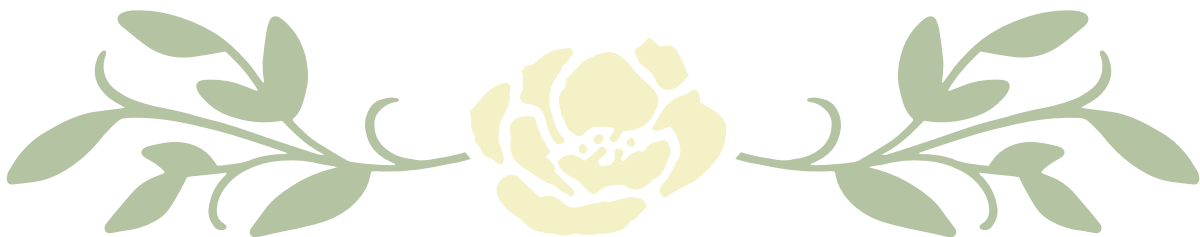
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S	M	T	W	T	F	S

CREATE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S	M	T	W	T	F	S

The LORD will guide you ALWAYS;
He will satisfy your needs
in a sun-scorched land
and will strengthen your frame.
You will be like a
WELL-WATERED GARDEN,
like a spring whose waters never fail.
Your people will rebuild the
ancient ruins and will
raise up the age-old foundations;
You will be called
REPAIRER of BROKEN WALLS,
RESTORER of STREETS with DWELLINGS.

ISAIAH 58:11-12



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TAKE
INVENTORY
OF **YOUR LIFE**

GUIDE

INVENTORY YOUR LIFE



Use this guide to help you build your own personalized plan to find healthy rhythms as you:

REST, RESTORE, CONNECT, and CREATE.

REST

We weren't created for a nonstop pace. We were designed in God's image, and even God himself rested. We cannot run if we cannot rest. Let's discover how you're doing in the area of rest and map out some ideas to help you function from a place of rest instead of exhaustion.

Answer the following questions. When it comes to finding rest in your life:

1. *WHAT'S RIGHT?* 

2. *WHAT'S WRONG?* 

• REST •

3. *WHAT'S CONFUSED?*



4. *WHAT'S MISSING?*



Based on how you answered the questions above, use these ideas below to build a plan for yourself that will help you find more restoration in your life.

1. **Take a day to disconnect from all of your electronics including your phone.**
2. **Delete social media apps from your phone for the weekend.**
3. **Plan time to sit quietly with God (with no other agenda, but to sit, pray, and listen).**
4. **Go on a walk.**
5. **Spend time journaling.**
6. **Allow time for a slower morning and leave technology out of it.**
7. **Plan a staycation or vacation.**
8. **Give yourself a “technology curfew.”**
9. **Create a bedtime routine that helps your mind shut down and body relax.**
10. **Pick a sabbath day in your week.**

MY PLAN FOR REST

A series of horizontal dotted lines for writing a plan.

RESTORE

God did not create us to participate in the world's wear-down cycle, the culture of constant consumption that leads to so much unrest. Instead, he made us to engage in regular rhythms of physical, intellectual, emotional, and spiritual restoration, rhythms that pull us out of the world's churning and fill us (and the world around us) with life.

Answer the following questions. When it comes to finding restoration in your life:

1. *WHAT'S RIGHT?*



2. *WHAT'S WRONG?*



• RESTORE •

3. *WHAT'S CONFUSED?*



4. *WHAT'S MISSING?*



Based on how you answered the questions above, use these ideas below to build a plan for yourself that will help you find more restoration in your life.

1. Take a daily walk even if for just 15 minutes.
2. Write out a healthy meal plan for your week.
3. Find a time to play your favorite sport or favorite board game (just for fun)!
4. Spend time journaling about what you feel about yourself right now and follow it up by reading through Psalm 139 to see what God says about you.
5. Plan a time to take a trip (even for just the day).
6. Carve out time in your week for your favorite workout.
7. Brainstorm ideas of things to do that are out of your comfort zone and pick one to follow through with.
8. Cook a new recipe.
9. Try a workout you've never done before.
10. Find somewhere new to take a walk and wander.

MY PLAN FOR RESTORATION

A series of horizontal dotted lines for writing.

CONNECT

We were created for connection, and when we are closely knit within our community, we are at our best, flourishing and full of life. But in our cultural moment, this takes work, planning, courage, and commitment.

Answer the following questions. When it comes to connection with other people:

1. *WHAT'S RIGHT?* 

2. *WHAT'S WRONG?* 

• CONNECT •

3. *WHAT'S CONFUSED?*



4. *WHAT'S MISSING?*



Based on how you answered the questions above, use these ideas below to build a plan for yourself that will help you build more connection in your life.

1. Reach out to someone who has been on your mind lately, but you haven't spoken to in a while.
2. Plan a time to have friends (new or old!) over to your house.
3. Journal about the last time you were vulnerable with someone and who else you could be vulnerable with.
4. Find a friend you could serve this week (take them a meal, grab them a coffee, offer to babysit for free, mow their lawn).
5. Who in your life needs a hug? Find them this week, hug them, and let them know they're loved.
6. Carve out time with your spouse or significant other to spend time pouring into your relationship (marriage retreat, reading a book on relationships together, building out a plan/goals for your year).
7. Reflect on a situation where you're still holding onto hurt or bitterness and how to begin forgiving and resolving conflict.
8. Consider starting a monthly supper club or breakfast bunch with a group of friends.
9. Write a text, email or letter to the people that really matter to you, but you often forget to tell them.
10. Plan time to spend with someone you love without the distraction of any technology. Be fully present.

MY PLAN FOR CONNECTION

A series of horizontal dotted lines for writing.

CREATE

Acts of creation shouldn't be difficult, and they shouldn't produce constant anxiety. Instead, they should be rooted in the life of God, and as a result, they should bring us peace, life, and rest. They should feel like peace, life, and rest to others, too.

Answer the following questions. When it comes to creating:

1. *WHAT'S RIGHT?* 

2. *WHAT'S WRONG?* 

• CREATE •

3. *WHAT'S CONFUSED?*



4. *WHAT'S MISSING?*



Based on how you answered the questions above, use these ideas below to build a plan for yourself that will help you find more time to create in your life.

1. Plan a time twice a year to dream about what you want to do and create and set goals for yourself.
2. Journal about the things you are passionate about and love to do to help you hone in on what's missing in your life.
3. Find a time to make something with your hands (bake, paint, sew, craft).
4. Make plans to learn something new. Find a class to take or find a friend you can shadow!
5. Think through the next month. How can you make some of your plans more creative and imaginative?
6. Plant flowers or vegetables and care for them as they grow.
7. Make a list of things you've always wanted to do, but are too nervous to try. Pick one and take a risk!
8. Spend time writing about whatever is on your mind. Write a poem, a song, or just write your stream of thoughts.
9. Pull out a coloring book and color just for fun.
10. Play "pretend" with a kid in your life (your own, your niece/nephew, neighbor, etc).



MY PLAN FOR CREATING

A series of horizontal dotted lines for writing.