
LIVING A LIFE
THAT YOU
LOVE

YOUR HOMEWORK

“THE BRAIN DUMP”

THINK ABOUT THIS QUESTION...

**WHAT DO YOU THINK YOU SHOULD START DOING,
STOP DOING, CONTINUE DOING IN ORDER TO LIVE THE
LIFE THAT YOU LOVE?**

TAKE SOME TIME TO THINK

- **EACH OF THE FOLLOWING PAGES REPRESENT AN IMPORTANT AREA OF YOUR LIFE.**
- **WRITE DOWN WHATEVER COMES TO MIND.**
- **THERE IS NO RIGHT OR WRONG ANSWER.**
- **FOR EACH AREA, WRITE DOWN WHATEVER COMES TO MIND AS YOU CONSIDER THE QUESTION AT THE TOP OF THE PAGE.**

THE QUESTION

WHAT DO YOU THINK YOU SHOULD...

- 1) START DOING**
- 2) STOP DOING**
- 3) CONTINUE DOING**

IN ORDER TO LIVE THE LIFE THAT YOU LOVE?

SPIRITUAL LIFE

(MY CONNECTION WITH GOD)

Start Doing	Stop Doing	Continue Doing

PHYSICAL LIFE

(HOW I TREAT MY BODY)

Start Doing	Stop Doing	Continue Doing

EMOTIONAL/MENTAL LIFE

(THE WAY I FEEL AND THINK)

Start Doing	Stop Doing	Continue Doing

RELATIONAL LIFE

(FAMILY, FRIENDS, AND SOCIAL LIFE)

Start Doing	Stop Doing	Continue Doing

PROFESSIONAL LIFE

(CAREER ASPIRATIONS)

Start Doing	Stop Doing	Continue Doing

RECREATIONAL LIFE

**(ACTIVITIES I ENGAGE IN TO HAVE FUN,
TO RELAX, OR THAT BRING ME JOY)**

Start Doing	Stop Doing	Continue Doing

OTHER AREAS OF YOUR LIFE

(ANYTHING THAT DOESN'T FIT IN THE OTHER CATEGORIES)

Start Doing	Stop Doing	Continue Doing

GOD HAS A PLAN FOR YOU!

JEREMIAH 29:11

REMEMBER...

- **WRITE DOWN WHATEVER COMES TO MIND.**
- **THERE IS NO RIGHT OR WRONG ANSWER.**
- **THIS IS YOUR PREPARATION FOR CLASS.**
- **DON'T STRESS OVER HOW MUCH YOU WRITE DOWN.**

SEE YOU ON THURSDAY!



LIVE A LIFE THAT YOU

Love

BY LEARNING TO SEE
BEYOND WHAT'S RIGHT IN FRONT OF YOU

August 18, 2016 8pm CST

ALIFEYOULOVECLASS.EVENTBRITE.COM

