

# Am I **STAYING:** awake?

A QUICK SELF-TEST TO HELP YOU PAY ATTENTION TO WHAT'S IN YOU.

On a scale of 1-3, rate how true these are of you:

**1** - Not true at all | **2** - Occasionally true | **3** - Almost always true

## PHYSICALLY

- I consistently get enough sleep.
- I regularly see a doctor for normal check ups.
- I drink plenty of water & stay hydrated throughout the day.
- I incorporate movement into my life.

## EMOTIONALLY

- I can freely express my emotions (through laughter, tears, etc.) without feeling ashamed.
- I'm able to talk about my emotions with others and don't keep them bottled up inside.
- I'm currently seeing or am open to seeing a therapist, even if it's just to check in and make sure everything is okay.

## CULTURALLY

- I regularly spend time with my Sister Circle.
- I'm able to laugh easily and often.
- I initiate conversations (in book clubs, classes, with friends, etc.) that challenge my mind and grow me intellectually.
- I know what's going on in the world and am up to date on cultural issues.

## SPIRITUALLY

- I spend time with God in His Word and prayer on a daily basis.
- I have one or two people in my life who I can confess sin to and be held accountable.
- I am hopeful and joyful when I remember God's love for me.
- I naturally & eagerly share with others what God has done in my life.

**MY STAY AWAKE SCORE** \_\_\_\_\_

# RESULTS

**14-18:** Asleep at the Wheel | **18-35:** Riding the Rumble Strips | **35-42:** Wide Awake!

## ASLEEP AT THE WHEEL

Uh oh, it looks like you've fallen asleep at the wheel. Neglecting to take care of yourself is easy to do when you forget that you're carrying precious cargo. But remember -- you are a divinely inspired work of art. You honor God when you honor the gift of YOU. If you're asleep at the wheel, you risk harming the gift God has given you to steward. But don't be discouraged! The key to staying awake is making one good choice at a time. Try a few of these ideas to get back on track:

- Drink a big cup of water every morning when you first wake up.
- Set a reminder on your phone to check in with God every morning.
- Schedule a doctor's appointment.
- Subscribe to a free podcast or sign up for a conference that will teach you something new.
- Text a few close friends to grab lunch this week!

## RIDING THE RUMBLE STRIPS

Taking care of yourself sometimes doesn't make the priority list. This could be due to a number of things: getting distracted by a big life event or change, getting discouraged by a few slip-ups and giving up altogether, simply forgetting to make yourself a priority. Remember: you are carrying precious cargo ALWAYS. Try these ideas to get back and STAY on track:

- Write down the statement, "I am carrying precious cargo," and put it somewhere you'll see it often.
- Ask a friend to check in with you once a week and ask if you've been taking care of precious cargo.
- Sign up for a class that will challenge you to grow!
- Choose a passage of Scripture to memorize. Ask a friend to memorize it with you!
- Build good physical habits into your routine. Drink a glass of water right when you wake up, go for a walk right after dinner, take vitamins right after breakfast. Make it your new lifestyle, not a short term change.

## WIDE AWAKE!

Congratulations! You are wide awake! Of course, nobody is perfect, but you are on the right track and are regularly honoring the gift of you. You recognize that you are carrying precious cargo, and have done the hard but good work to make sure she stays okay. Here's my challenge to you:

- Look around to see if there is a woman in your Sister Circle who isn't as "awake." Encourage her to come alongside you in the habits you've built for yourself.
- Know yourself. Write down any potential stumbling blocks that could get you off track and be on the lookout for them.
- Celebrate you! Take yourself out on a coffee or ice cream date. You are worth it!