

STOP & REFLECT

With no excuse making or exaggeration, stop & consider:

How have you fueled your body the last two months?

Did you eat too much? Too little? Some of both of those extremes? Did you eat REAL FOOD or processed/fake foods?

Did you pay attention to how you felt before eating, during eating, and after eating?

Have you fueled in a way that led to loving and living well?

How have you moved your body the last two months?

Some of you may have not moved much due to injury, lack of motivation, or lack of a good plan in place that works for you. Others may have moved excessively with over-exercising then swung into adrenal fatigue or burnout because of it.

Have you moved in a way that led to loving and living well?

STOP & REFLECT

How have you hydrated your body the last two months? Are you making progress with learning to drink more water? Have you noticed a difference when you're hydrated vs when you're not?

How have you connected to community the last two months? Do you have someone that you can reach out to for support in your health/wellness goals? Are you shrinking back instead of bringing to the light things that the Lord is challenging you to share with the group? Are you part of a local church that you allow to pour into you as you pour into them? Do you have a group that helps disciple you in real-life community? Are you relying on GET BETTER feedback from others or only FEEL BETTER feedback?

*Want to learn more about the why & how of Stop & Reflect?
Listen to the In It With You Podcast w/ Kara Osborne Episode # 98*