

rest & reflection

Whatever **RECHARGES** you, sister, do it. A long walk, sitting by a lake or on a blanket at a park or in a cozy corner of a quiet coffee shop. Perhaps with a cup of coffee, worship music quietly playing, and journal in hand. Spend time with your Heavenly Father. Take time to **REST** your soul with your Savior.

Take time to **REFLECT** on where you have been and where you want to go. How have things been going this past week, month, year? Do you feel you are on track? Are you on the path you want to be on? If not, what needs to change?

Take time to **REMEMBER** your passion and goals. Do you have goals written down? If so, take a look and see if you are doing the things to get there. If not, take time to think about some short and long term goals.

Take time to **RE-ALIGN** where things may be veering off course...in relationships, school work, time with God, your health, etc. Make a commitment to make changes that need to be made to get back on track. Beautiful girls, you can do hard things!

Take time to **RE-FOCUS** on things that really matter. Are your priorities in order? Is your focus in the right place? What might need a little focus tweak?

Take time to **REJOICE** in victories, no matter how small. What has gone well? What things can you celebrate? No matter how small, it is worth celebrating. We need to rejoice in

Take time to **RE-VISIT** your vision...or create one! Can you picture where you want to be at the end of the year? 5 years? 10 years? Take time to visualize it. Make a cool vision board and hang it in your room.

Take time to **RE-PRIORITIZE** where yes's have slipped in that should have been no's...or vice versa. Where are some place you could say "no" or things you could quit if you are feeling overwhelmed? What have you said "no" to that maybe should be a "yes"?

Take time to **RE-COMMIT** to surrendering to God's will and to pursuing your passion. Take time to give your dreams, decisions, schedule to God. Ask Him to guide and direct your path. Have you been consistent with your quiet time? Decide how you will make quality time for God in the week ahead.

Take time to **REVIVE** that flame that sometimes dims in the daily grind.