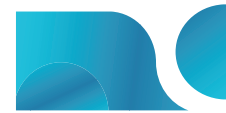


WEEK FOUR



What's Next?

You may not have realized it, but you've spent several weeks now developing some healthy habits to impact your physical health, your emotional health, your spiritual health, and your relational health. For most of us, the consistent incremental changes that are diligently pursued over time have the most potential to effect change on those things we can control. At this point, you've hopefully been able to see some changes in the situation you're in, and you can see little slivers of light getting into the dark places you're walking through. Sometimes those healthy steps release just enough weight from our shoulders that we can then turn our attention to the things we're still missing. **What are some of the things you are currently doing that have helped you so far?**

PHYSICAL HEALTH PRACTICES

EMOTIONAL HEALTH PRACTICES

SPIRITUAL HEALTH PRACTICES

RELATIONAL HEALTH PRACTICES

Take some time to look over this list and evaluate your progress. Are there things you could change? Things to keep doing or stop doing? Ways you could invest in friendships that might lead you to greater healthy practices? Other steps you can take? Write that self-evaluation below:

So now, what do we do with that other list of things we can't control? These are the obstacles that are still left between you and the life you desire. Perhaps you've already been able to feel that when you take charge of those things you can control in a way that is healthy and life-giving, drawing on the strength and wisdom of wise and caring people, the things that you can't control are no longer looking quite so overwhelming. If that's not the case, talk to your mentor about looking at what steps you could take to move toward that future you want. If peace, freedom, or even just relief are not words you'd use to describe what you're experiencing right now, could you begin to trust that that relief, freedom, or peace is clearly the result of the path you're currently on? Sometimes relying on the faith of those around us when we can't quite see the road can make all the difference in the meantime. **How would you describe your faith in God at this moment?**

Take some time to prayerfully reflect on the last few weeks. Based on your current mindset, you and your mentor will work through some next steps to help you move forward in wisdom. As you commit to taking those next steps, create a game plan for what's to come. That might mean participating in a group or reading a book, signing up for a class, or even getting feedback from a professional while continuing to pursue those healthy habits. Whatever it might look like for you, please consider keeping your mentor updated as you make progress in this season.

My Next Steps: (Complete with your mentor)
