

SETTING HEALTHY BOUNDARIES

When most of us hear the phrase, "setting healthy boundaries," we tend to take a deep sigh and look at the floor. We know we're bad at this. As women, God has given us the gift of receiving others into our hearts, our homes, and our lives but it's so easy for us to twist it into something toxic. We can let people walk all over us, take advantage of our time, drain our emotions, or soak up the best of us when we ought to be giving that part of ourselves to God or our families.

We must set healthy boundaries with the people and the activities in our lives. Here are some tips I recommend:

Know that you're worth it. One of the core reasons we can be bad at setting healthy boundaries is that we don't feel worthy of love or respect. Deep down we feel broken and so we don't feel strong enough to stand up for ourselves. Sometimes we have a toxic message floating around in our heads and it leads us to clamor for approval from others and we don't protect ourselves with good boundaries.

Name your limits. Be clear about what you're willing or unwilling to do or accept. You should be able to speak your limits out loud in a clear and succinct way. If you can't do that, it's going to be difficult to expect other people to respect your boundaries.

Pay attention to red flags. We are incredibly intuitive beings and we sense when something is not right. Pay attention to those alarm bells going off that suggest you're in dangerous territory.

Be kind but direct. Stand up for yourself. That doesn't mean you have to be angry, insulting, or pushy. You can simply say, "I'm sorry, I won't be able to ____." You are also not required to give a reason for your boundaries.

Slow down and ask why. "Why am I doing this?" If you take a deep breath and really slow your mind down, you'll likely hear something like, "I don't want to upset someone. I want them to like me. I know what it's like to need help so I want to help them." Your reason for putting yourself in a difficult situation may be noble. You can decide to either accept the suffering but continue on in peace or gracefully bow out to protect yourself.

Seek help. If you're worried that you're not doing a good job of standing up for yourself, ask your spouse or a good friend for advice. Tell them about the situation and ask them if they think you are setting healthy boundaries or not.

Use the following space to write down some people, activities, or habits that you need to set better boundaries about. For example, I need to keep all alcohol out of my house, I need my husband to always be present when I'm interacting with my father, I need to communicate to church members that I will not be running Vacation Bible School this year, etc.

RELEASE DOUBTS

Write down all the doubts you have about yourself, your ability to discern the will of God, and to achieve sainthood. Take your time. Be truthful. Be brave.

THE GRACE OF NO

We all need to be better at setting boundaries. We need to protect our hearts, our souls, our loved ones, and every single thing we put in our minds. We need to get strong about keeping toxic people, situations, and messages out of our lives. This doesn't mean snubbing people with rudeness, but it may mean not inviting an unstable family member over to your home. It may mean saying no to a volunteer opportunity because it steals your peace or creates anxiety that hurts your family.

Saying no doesn't have to feel yucky or make us feel guilty. It can feel like a gift - a gift to ourselves and a gift to those who are most important in our lives. Good can often be the enemy of best. What good things do you need to let go of so you can become the person God is calling you to be?

What are some activities, attitudes, toxic habits, things done out of shame, etc. that you will say no to this year?

REVIEWING LAST YEAR


WHAT ROCKED?

Think of the year overall. What are you proud of? What was unexpectedly wonderful? Where did you really shine? What wins did you have? Write down some of the blessings that come to mind when you think back over the year.



WHAT WAS CHALLENGING?

What were some areas of stress? What challenges popped up that you expected? What challenges popped up that were unexpected? What was frustrating? What held you back from making more progress?



REVIEWING FAITH

THINGS TO CONSIDER Daily prayer, relationship with Jesus and Mary, Adoration, Confession, Mass, learning about your faith, liturgical living, family altar, relationship with the saints, Bible reading, spiritual direction, etc.

WHAT'S WORKING? Where are you crushing it? What are you really proud of? What rocked last year? What helped you draw closer to God? Where did you help others grow in their faith?

WHAT'S NOT WORKING? Where are you struggling in your faith? What feels hopeless? When did you feel far from the Lord? What got in the way of you growing spiritually last year?

REVIEWING FINANCES

THINGS TO CONSIDER Do you have a budget? Are you saving money for retirement? Do you have life insurance? Are you intentional about what you buy? Can you increase your income or decrease expenses?

WHAT'S WORKING? Where are you crushing it? What are you proud of? What rocked last year? Where did you save money by not buying things or by making smart purchases? How did you or your spouse leverage your money?

WHAT'S NOT WORKING? How are you struggling to manage your finances? Where do you spend money that you shouldn't be? What feels hopeless about your finances? What is out of control?

REVIEWING FRIENDSHIPS

THINGS TO CONSIDER Old friends you've lost contact with. Forming new friendships. Getting rid of toxic friendships. Deepening existing friendships. Bringing God into your friendships.

WHAT'S WORKING? Where are you crushing it? What are you really proud of? What rocked last year? When you think of making or cultivating friendships last year, what was successful?

WHAT'S NOT WORKING? Which current friendships feel strained or not satisfying? Are there people you wish were your friends but you haven't made a connection yet? Are you frustrated about how to make new friends?

REVIEWING EXTENDED FAMILY

THINGS TO CONSIDER Do you call them? Do you write them? Are you aware of birthdays, anniversaries, baptism anniversaries etc.? Do you make an effort to see them? Do you have real and meaningful conversations?

WHAT'S WORKING? Where are you crushing it? What are you proud of? What rocked last year? Where did you really connect and dive deeper with members of your extended family?

WHAT'S NOT WORKING? How are you struggling with your extended family? What situations create anxiety related to your extended family? What feels hopeless about your extended family?

REVIEWING HEALTH

THINGS TO CONSIDER Your food, drinking enough water, exercising, strength training, vitamins, mental health, eating a lot of processed or restaurant food, stretching, blood pressure, hygiene, etc.

WHAT'S WORKING? Where are you crushing it? What are you really proud of? What aspects of your health improved this last year? Did you help others get healthier? What were your favorite ways to get healthier?

WHAT'S NOT WORKING? How are you struggling to be healthy? What feels hopeless about your health? What foods and activities make your body feel bad? What or who keeps getting in the way of your becoming healthier?

REVIEWING REST

THINGS TO CONSIDER Self-care that actually recharges you, time outside, reading a book for fun, listening to music, getting enough sleep, time alone, resting in the Lord, do you set aside time to just play, enjoying a hobby etc.

WHAT'S WORKING? Where are you crushing it? What are you proud of? What helped you really rest your body, your mind, and your soul? Did you help others find true rest? What are your favorite ways to rest?

WHAT'S NOT WORKING? How are you struggling to find genuine rest? What feels hopeless about finding rest? What makes you feel burnt out? What or who keeps getting in the way of you finding true, deep rest?

WORK/MINISTRY

THINGS TO CONSIDER Can you increase your output? Can you increase your efficiency? Can you bring God into your job/ministry more? Are you putting this area of your life before others that are more important?

WHAT'S WORKING? Where are you crushing it? What are you really proud of? What rocked last year? In what ways did you bring Christ into the work you are doing? Did you grow in skills? What improvements did you create?

WHAT'S NOT WORKING? Where are you feeling stymied? What are you frustrated about? What is holding you back from making more money, getting a promotion, growing your ministry, etc?

HOMEMAKING

THINGS TO CONSIDER Do you have a house cleaning system? Is your home peaceful? Do you have a family altar? Do you plan your meals? Is your house filled with a feeling of chaos? Is your home inviting to Jesus?

WHAT'S WORKING? Where are you crushing it? What are you proud of? What rocked last year? What aspects of creating a peaceful, God-centered, and well-ordered home are working? What is your favorite part of your home?

WHAT'S NOT WORKING? How are you struggling to manage your home? Where does it feel disorganized? When does your home lack peace? Which rooms in your home increase your anxiety? What systems aren't working?

MARRIAGE

THINGS TO CONSIDER Intimate life, communication especially about sensitive topics, do you play together, do you feel like a team, do you have quality time together, is God the foundation of your relationship, etc.

WHAT'S WORKING? Where are you crushing it? What rocked last year? What helped you draw closer to your spouse? Did you help others grow in their marriages? What part of your marriage makes you smile?

WHAT'S NOT WORKING? Where are you struggling in your marriage? What feels hopeless? When did you feel disconnected from your spouse in the last year? What got in the way of you improving your marriage last year?

PARENTING

THINGS TO CONSIDER Quality time with each child, understanding individual needs, leading them to Christ, keeping them safe and healthy, who do they spend time with and what do they watch, letting them be kids, etc.

WHAT'S WORKING? What are you really proud of? What rocked last year? What helped you grow as a parent? Did you help others grow in their parenting vocations? What parts of parenting make you smile?

WHAT'S NOT WORKING? Where are you struggling as a parent? What feels hopeless? When did you feel disconnected from your children this year? What got in the way of you being a calm, Catholic-centered parent?

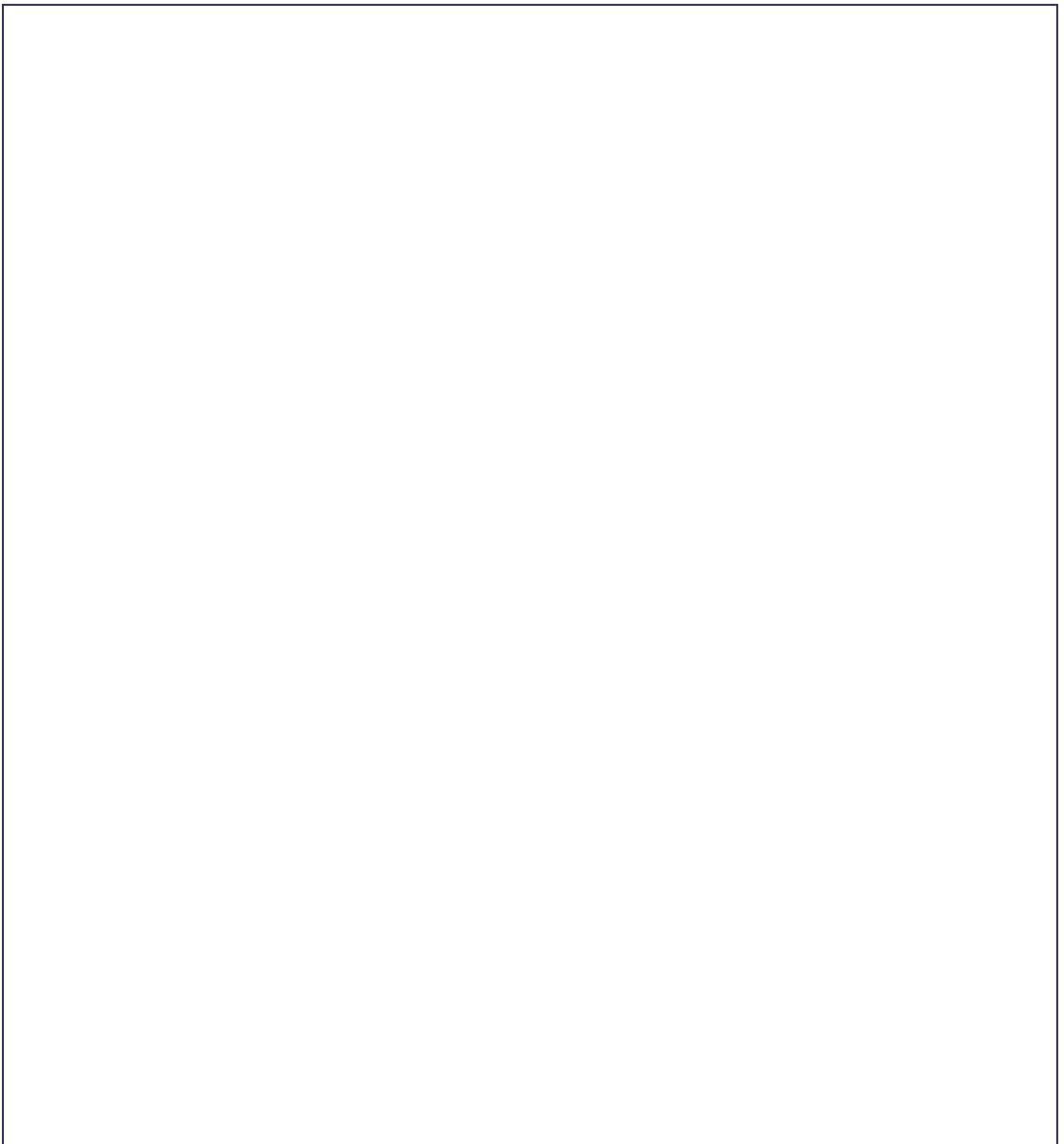
A YEAR FROM NOW

Before you get caught up in all the goals that are bursting to escape out of your mind onto paper, first go through this exercise. I want you to imagine that you run into yourself a year from now at a coffee shop. You sit down and eagerly ask future you, "What has happened this year?"

Really imagine what she looks like when she's talking to you. What is her body language like? What is she proud of? What things were challenging and how did she react to those challenges? What wisdom does she have to share with you?

If you're struggling to imagine what she would say, pause and think about what you would tell yourself from last year.

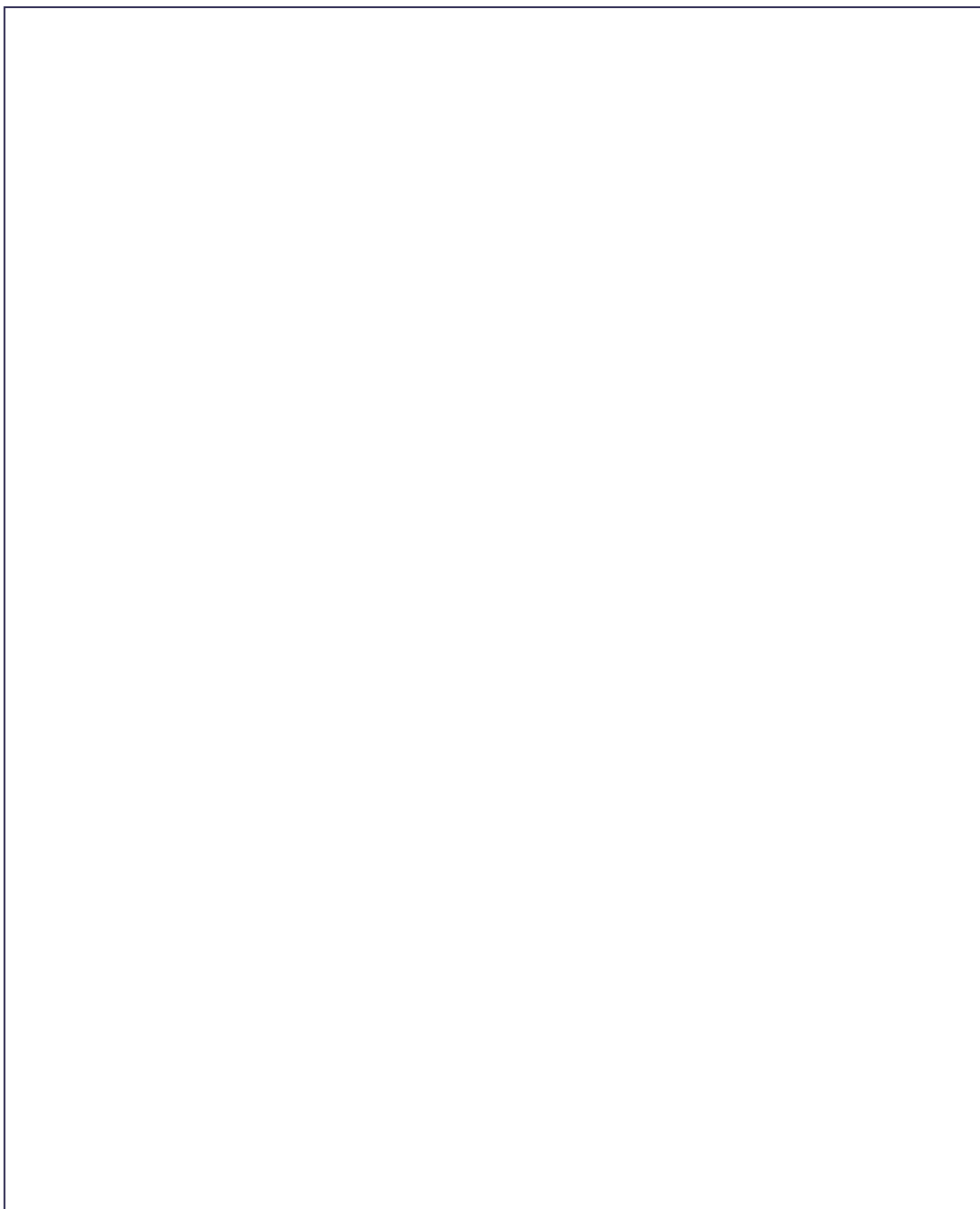
Picture future you. Write down what she has to tell you.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the exercise.

GOAL FILL UP

EMPTY YOUR BRAIN AND FILL UP THIS PAPER!

Go back and read what you wrote in the Year In Review section of this workbook. After reviewing last year and what worked and what still needs work, it's time to brainstorm all the goals you could work toward in the coming year. Don't worry about writing too many things down, you're going to cross some of these off later and then put the remaining ones in order of importance. For now, just dump all the goals that are rattling around in your head on this piece of paper! This paper is supposed to be a hot mess! Let your scribbling side free!

A large, empty rectangular box with a thin black border, intended for the user to write down their goals for the coming year. The box is completely blank and occupies most of the page's width and height.

GOAL PARE DOWN

REFINE YOUR LIST OF GOALS

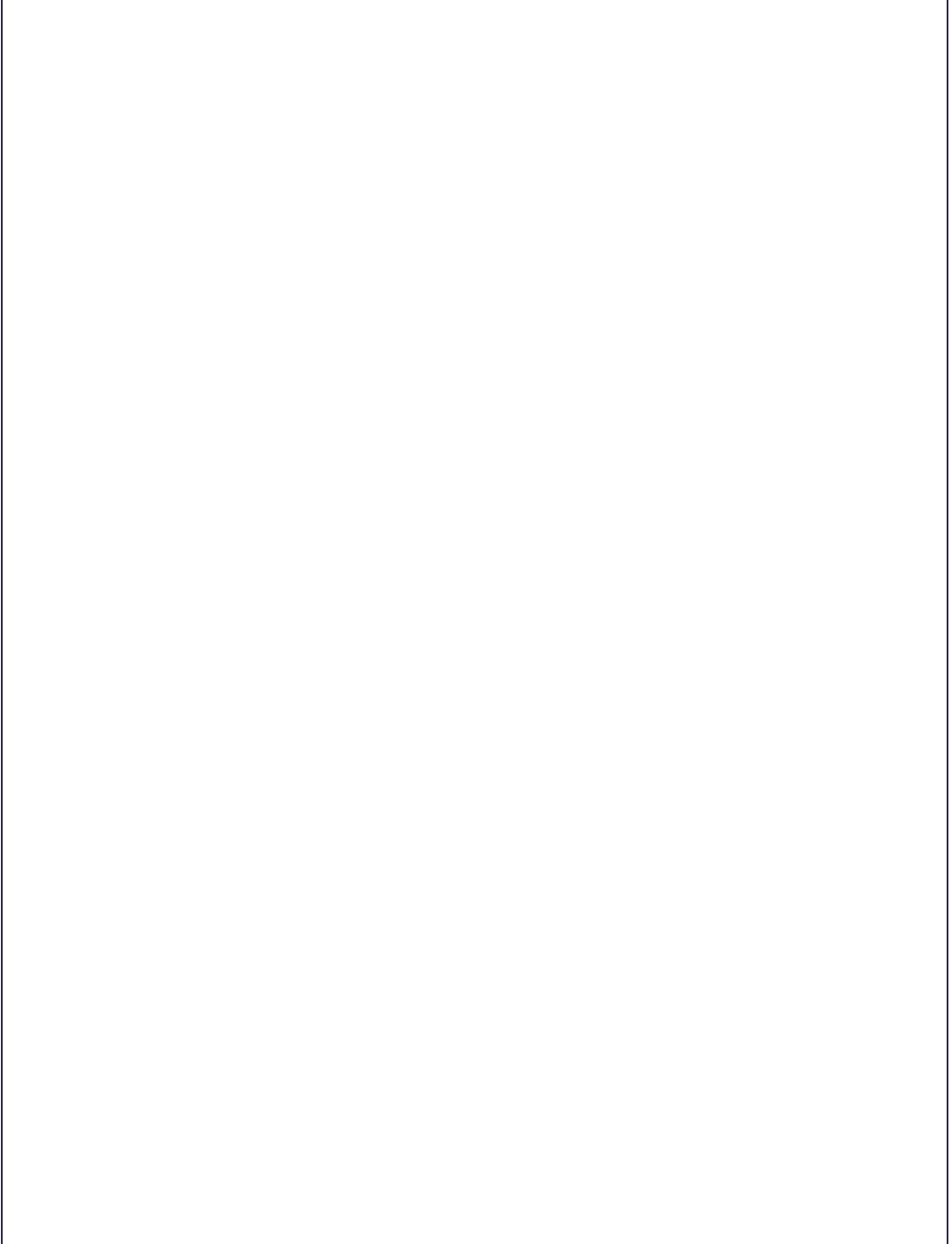
After going through the Goal Fill-Up exercise, it's time to put on your practical hat and be reasonable about what you can accomplish in the coming year. Ask yourself, "Is this a goal or a task?" Start crossing off goals on your other worksheet. Once you have 5-10 goals left, transfer them to this paper! Now number them in order of priority. Really ask yourself, "If I could accomplish this goal but none of the ones after it, would I be happy with that?" This page is also supposed to look messy! Expect arrows, things crossed out, things erased and lots of excitement as you hone in on what matters.

A large, empty rectangular box with a thin black border, occupying most of the page below the text. It is intended for the user to write down their refined goals, with the instruction that the page should look messy with various markings.

GOAL RANKING

RANK YOUR GOALS

Use this space to start ranking your goals. This is meant to be a brainstorming space so expect it to look messy. Assign each goal an IMPACT and an EASE score of 1 to 5 and then multiply those together. The lower the final score, the higher priority you should give to this goal. You'll write down the final version of your goals on the next page!



SAINTHOOD GOAL #1

GOAL:

Why is this goal important to you?

How much time is involved in working on this goal? Consider both the total length of time to accomplish it (e.g. six months) and the time involved in focusing on the goals (e.g. fifteen hours)

What do you need to learn? What research do you need to do?

What tools do you need?

How much money (if any) will this goal cost?

How will you reward yourself when you reach this goal?

SAINTHOOD GOAL #1

What obstacles will you encounter and how will you overcome these obstacles? Remember to write these down as IF/THEN statements.

How will you feel when you accomplish this goal?

What pain will you experience if you do not accomplish this goal?

Who can help you along the way as an accountability partner?

Write down a saint quote or a Bible verse that you will use for encouragement.

Create a short slogan to associate with this goal.

If you find yourself struggling to work on this goal in the future, what message would you like to give your future self to motivate her to keep going?

SAINTHOOD GOAL #2

GOAL:

Why is this goal important to you?

How much time is involved in working on this goal? Consider both the total length of time to accomplish it (e.g. six months) and the time involved in focusing on the goals (e.g. fifteen hours)

What do you need to learn? What research do you need to do?

What tools do you need?

How much money (if any) will this goal cost?

How will you reward yourself when you reach this goal?

SAINTHOOD GOAL #2

What obstacles will you encounter and how will you overcome these obstacles? Remember to write these down as IF/THEN statements.

How will you feel when you accomplish this goal?

What pain will you experience if you do not accomplish this goal?

Who can help you along the way as an accountability partner?

Write down a saint quote or a Bible verse that you will use for encouragement.

Create a short slogan to associate with this goal.

If you find yourself struggling to work on this goal in the future, what message would you like to give your future self to motivate her to keep going?

SAINTHOOD GOAL #3

GOAL:

Why is this goal important to you?

How much time is involved in working on this goal? Consider both the total length of time to accomplish it (e.g. six months) and the time involved in focusing on the goals (e.g. fifteen hours)

What do you need to learn? What research do you need to do?

What tools do you need?

How much money (if any) will this goal cost?

How will you reward yourself when you reach this goal?

SAINTHOOD GOAL #3

What obstacles will you encounter and how will you overcome these obstacles? Remember to write these down as IF/THEN statements.

How will you feel when you accomplish this goal?

What pain will you experience if you do not accomplish this goal?

Who can help you along the way as an accountability partner?

Write down a saint quote or a Bible verse that you will use for encouragement.

Create a short slogan to associate with this goal.

If you find yourself struggling to work on this goal in the future, what message would you like to give your future self to motivate her to keep going?

SAINTHOOD GOAL #4

GOAL:

Why is this goal important to you?

How much time is involved in working on this goal? Consider both the total length of time to accomplish it (e.g. six months) and the time involved in focusing on the goals (e.g. fifteen hours)

What do you need to learn? What research do you need to do?

What tools do you need?

How much money (if any) will this goal cost?

How will you reward yourself when you reach this goal?

SAINTHOOD GOAL #4

What obstacles will you encounter and how will you overcome these obstacles? Remember to write these down as IF/THEN statements.

How will you feel when you accomplish this goal?

What pain will you experience if you do not accomplish this goal?

Who can help you along the way as an accountability partner?

Write down a saint quote or a Bible verse that you will use for encouragement.

Create a short slogan to associate with this goal.

If you find yourself struggling to work on this goal in the future, what message would you like to give your future self to motivate her to keep going?

SAINTHOOD GOAL #5

GOAL:

Why is this goal important to you?

How much time is involved in working on this goal? Consider both the total length of time to accomplish it (e.g. six months) and the time involved in focusing on the goals (e.g. fifteen hours)

What do you need to learn? What research do you need to do?

What tools do you need?

How much money (if any) will this goal cost?

How will you reward yourself when you reach this goal?

SAINTHOOD GOAL #5

What obstacles will you encounter and how will you overcome these obstacles? Remember to write these down as IF/THEN statements.

How will you feel when you accomplish this goal?

What pain will you experience if you do not accomplish this goal?

Who can help you along the way as an accountability partner?

Write down a saint quote or a Bible verse that you will use for encouragement.

Create a short slogan to associate with this goal.

If you find yourself struggling to work on this goal in the future, what message would you like to give your future self to motivate her to keep going?

SAINTHOOD GOAL #6

GOAL:

Why is this goal important to you?

How much time is involved in working on this goal? Consider both the total length of time to accomplish it (e.g. six months) and the time involved in focusing on the goals (e.g. fifteen hours)

What do you need to learn? What research do you need to do?

What tools do you need?

How much money (if any) will this goal cost?

How will you reward yourself when you reach this goal?

SAINTHOOD GOAL #6

What obstacles will you encounter and how will you overcome these obstacles? Remember to write these down as IF/THEN statements.

How will you feel when you accomplish this goal?

What pain will you experience if you do not accomplish this goal?

Who can help you along the way as an accountability partner?

Write down a saint quote or a Bible verse that you will use for encouragement.

Create a short slogan to associate with this goal.

If you find yourself struggling to work on this goal in the future, what message would you like to give your future self to motivate her to keep going?

SAINTHOOD GOAL #7

GOAL:

Why is this goal important to you?

How much time is involved in working on this goal? Consider both the total length of time to accomplish it (e.g. six months) and the time involved in focusing on the goals (e.g. fifteen hours)

What do you need to learn? What research do you need to do?

What tools do you need?

How much money (if any) will this goal cost?

How will you reward yourself when you reach this goal?

SAINTHOOD GOAL #7

What obstacles will you encounter and how will you overcome these obstacles? Remember to write these down as IF/THEN statements.

How will you feel when you accomplish this goal?

What pain will you experience if you do not accomplish this goal?

Who can help you along the way as an accountability partner?

Write down a saint quote or a Bible verse that you will use for encouragement.

Create a short slogan to associate with this goal.

If you find yourself struggling to work on this goal in the future, what message would you like to give your future self to motivate her to keep going?

SAINTHOOD GOAL #8

GOAL:

Why is this goal important to you?

How much time is involved in working on this goal? Consider both the total length of time to accomplish it (e.g. six months) and the time involved in focusing on the goals (e.g. fifteen hours)

What do you need to learn? What research do you need to do?

What tools do you need?

How much money (if any) will this goal cost?

How will you reward yourself when you reach this goal?

SAINTHOOD GOAL #8

What obstacles will you encounter and how will you overcome these obstacles? Remember to write these down as IF/THEN statements.

How will you feel when you accomplish this goal?

What pain will you experience if you do not accomplish this goal?

Who can help you along the way as an accountability partner?

Write down a saint quote or a Bible verse that you will use for encouragement.

Create a short slogan to associate with this goal.

If you find yourself struggling to work on this goal in the future, what message would you like to give your future self to motivate her to keep going?

SAINTHOOD GOAL #9

GOAL:

Why is this goal important to you?

How much time is involved in working on this goal? Consider both the total length of time to accomplish it (e.g. six months) and the time involved in focusing on the goals (e.g. fifteen hours)

What do you need to learn? What research do you need to do?

What tools do you need?

How much money (if any) will this goal cost?

How will you reward yourself when you reach this goal?

SAINTHOOD GOAL #9

What obstacles will you encounter and how will you overcome these obstacles? Remember to write these down as IF/THEN statements.

How will you feel when you accomplish this goal?

What pain will you experience if you do not accomplish this goal?

Who can help you along the way as an accountability partner?

Write down a saint quote or a Bible verse that you will use for encouragement.

Create a short slogan to associate with this goal.

If you find yourself struggling to work on this goal in the future, what message would you like to give your future self to motivate her to keep going?

SAINTHOOD GOAL #10

GOAL:

Why is this goal important to you?

How much time is involved in working on this goal? Consider both the total length of time to accomplish it (e.g. six months) and the time involved in focusing on the goals (e.g. fifteen hours)

What do you need to learn? What research do you need to do?

What tools do you need?

How much money (if any) will this goal cost?

How will you reward yourself when you reach this goal?

SAINTHOOD GOAL #10

What obstacles will you encounter and how will you overcome these obstacles? Remember to write these down as IF/THEN statements.

How will you feel when you accomplish this goal?

What pain will you experience if you do not accomplish this goal?

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Write down a saint quote or a Bible verse that you will use for encouragement.

Create a short slogan to associate with this goal.

If you find yourself struggling to work on this goal in the future, what message would you like to give your future self to motivate her to keep going?

LOOKING AHEAD

CONSIDER THE NEXT TWELVE MONTHS

What major decisions are you going to face (e.g. moving, changing jobs, school options for the kids, attending a destination wedding, going back to school, etc.)

What are some months/seasons/events that happen every year when you normally feel anxious?

How can you incorporate the Liturgical seasons into your life more (e.g. celebrating Lent, Advent, and feast days?)

90-DAY GOALS

When it comes to the next ninety days, you need to choose three goals you want to work on. These are front and center in your mind and will be the primary focus in your life over the next three months! That doesn't mean that you can't put tasks on your to-do list that apply to other goals but these are the three you will accomplish no matter what!

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

90-DAY GOALS

Now create a plan for your remaining goals. Think of these as mini goals that might even be single tasks that you want to accomplish. Notice, I have only left you space for five more. If you don't think this is enough space, I would seriously challenge you about making real progress on more than eight goals!

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

GOAL:

Tasks (Include time, skills, and money involved)

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Obstacle Plan (IF/THEN)

SLOGAN:

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

TWO-WEEK SPRINT

TOP THREE Though you have space for ten goals, you should always have three goals that are most important. These are front and center in your mind and will be the primary focus in your life over the next two weeks!

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

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Tasks (Include time, skills, and money involved)

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SLOGAN:

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Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

TWO-WEEK SPRINT

Now it's time to set yourself up for success! Craft a morning/evening routine that aligns with your values and your goals. Choose three things you can do right away to begin creating a momentum of wins. Design your ideal day with routines and/or tasks.

MORNING ROUTINE What will you do in the first two hours of your day to set yourself up for success?

Week One Progress: Week Two Progress:

EVENING ROUTINE What will you do in the last hour of the day to set yourself up for success tomorrow?

Week One Progress: Week Two Progress:

MOMENTUM OF WINS What are 3 things you can do right away to start creating a momentum of wins?

1. Done!
2. Done!
3. Done!

MONDAY

TUESDAY

WEDNESDAY

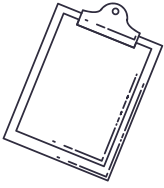
THURSDAY

FRIDAY

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WEEKEND

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TWO-WEEK REVIEW

HOW'D YOU DO? Now is the time to be critical of yourself. How did this sprint go? Are you sprinting toward your goal of being a saint? Are you standing still? Are you moving backward away from God? Be honest with yourself.

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

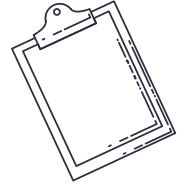
What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

TWO-WEEK REVIEW



How did your morning routine go?

How did your evening routine go?

What were some wins that came easily to you?

What were some wins you had to work really hard for?

When were some moments that you lost your peace?

How can you avoid or overcome those moments when you lost your peace?

What are some legit reasons you had for not accomplishing your goals or routines (e.g. the car broke down, the kids had the flu, the roads were too icy, you got sick etc.)

What are some reasons you did not accomplish your goals that had no good excuse?

When were some moments you felt close to God?

When were some moments you felt as if you were taking steps away from God?

Taking all this into consideration, what are you going to change so you can rock your next two-week sprint?

TWO-WEEK SPRINT

TOP THREE Though you have space for ten goals, you should always have three goals that are most important. These are front and center in your mind and will be the primary focus in your life over the next two weeks!

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

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1. Done!
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3. Done!

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TUESDAY

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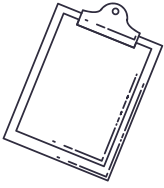
THURSDAY

FRIDAY

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WEEKEND

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TWO-WEEK REVIEW

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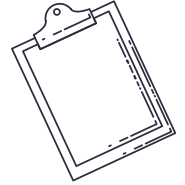
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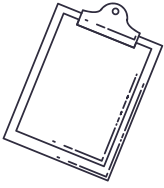
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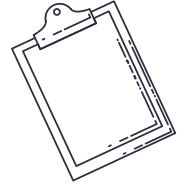
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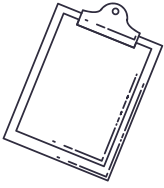
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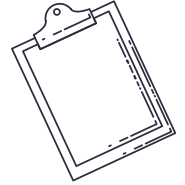
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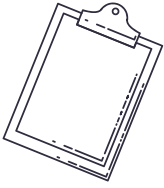
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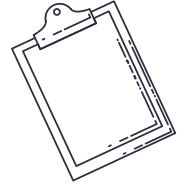
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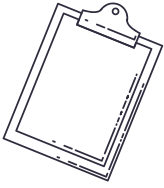
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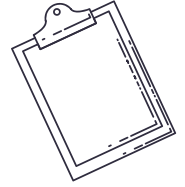
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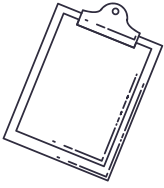
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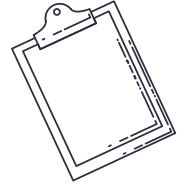
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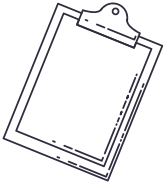
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90-DAY REVIEW

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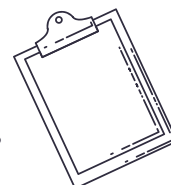
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90-DAY REVIEW



Although these goals are perhaps less important than your top three priorities, baby steps matter! All these small ways you're trying to live an intentional life will add up. How did you do?

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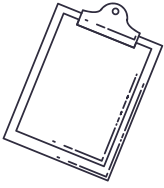
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Here are some tough-love questions to ask yourself about how the last ninety days went. Be honest and be thorough. This is a crucial step in setting strong goals for the upcoming ninety days.

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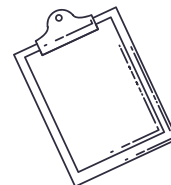
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Keep going! Remember, you are a scientist and the answers to these questions are just data. You don't need to feel guilt or shame. Just write down the results and ask yourself if you want more or less of the same.

When were some moments you felt close to God?

When were some moments you felt as if you were taking steps away from God?

What are some things you learned about yourself?

What are some ways you surprised yourself?

What were some challenges that surprised you?

What were some challenges that you handled really well?

What were some challenges you struggled with?

What is the number one thing you should start doing to improve your life?

What is the number one thing you should stop doing to improve your life?