Back-to-Basics

EVENING / MORNING REVIEW

-Long Form-

WHAT WORKED FOR ME TODAY (or yesterday if Morning Inventory)?

* + Where was I loving today?
  + Where was I accepting of others and or my situation today?
  + Where did I consider others today?
  + Where did I consider myself today?
  + Where did I find peace today?
  + Where did I use my gifts today?
  + Where did I have faith today?
  + What can I celebrate as an accomplishment today?

Give yourself this prayer-formation\*:

"Congratulations \_\_(your name)\_\_ you successfully accomplished \_\_(your accomplishment)\_\_\_\_today. I am so proud of you, and that is more God's success than mine."

* + Prayer-formations can begin to change negative self-talk and can raise your reward hormone system (like dopamine and serotonin). Say your prayer-formations with enthusiasm. It's okay, no one else will hear you and yes, you deserve it!

WHAT DIDN'T WORK FOR ME TODAY (or yesterday)?

* + Where did I get stuck today?
  + Where did I try to run the show today?
  + Where could I have asked for H.P.'s help today?
  + Where could I have been more considerate of others or myself today?
  + Where could I have been more giving today?
  + Where could I allowed my self to receive more today?
  + Where could I have been more appreciative today?
  + Where could I have been more honest today?
  + Where could I have been more tolerant today?
  + Did I feel self-pity today? If so, how can I move into self-compassion?
  + Is there anything I need to confess today?
  + Where can I find peace as I sleep tonight? (or start my day)