

10 Quick Questions

10 Answers

1 snapshot of your current balance context.

- 1) How would you rate the depth of your relationship with Christ today?
- 2) What is the romance level in your marriage?
- 3) What is the prevailing mood of each of your kids?
- 4) List 2 main concepts from God's Word you are integrating into your journey right now.
- 5) Name the title of the book you are reading to develop your ministry skills.
- 6) Is your credit card debt at zero?
- 7) How rushed have you been feeling when interacting with people lately?
- 8) How is your exercise routine going?
- 9) When was the last time you had some fruits or vegetables?
- 10) How much sleep have you been getting at night?

For more information on how to serve in the people-helping profession with proper life balance and self-care, visit the Serving Strong sites online:

Serving Strong Coaching: www.servingstrong.com
Serving Strong Blog: www.servingstrong.typepad.com

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