



Run Hard. Rest Well.

Championing Rest. Equipping Leaders. Changing Lives.

Brenda@runhardrestwell.com | 260.239.1297 | RunHardRestWell.com

Inventory

The truth will set you free, but first it might make you miserable. (James Garfield) Watch out for test anxiety! No need to impress. This is for your eyes only. For this to be of any value, be ruthlessly honest.

Questionnaire

Place a check mark in front of every question that is 100% true. This is a snapshot of your life today.

- ___ In the last 4 weeks I've enjoyed 4 days off—days that were refreshing and care-free with minimal “work” around the house.
- ___ This last week I've had five nights of 7-8 hours of sleep.
- ___ I experience the Presence of God on a regular basis in personal devotions.
- ___ I took a full-day of personal retreat in the last 6 months.
- ___ I enjoyed 4 evenings this last week with no out-of-the-home obligations.
- ___ I took all my vacation time last year.
- ___ **Total check marks**

Scores

Score: 0-3 You are running on the fumes of an empty tank whether you realize it or not. There's a better way. It's found in the rhythm—*Run Hard. Rest Well*. A paradigm shift must take place in your heart. Rest is not a sign of weakness. It is a gift, a grace, a rhythm of life for those who surrender all—including the time it takes to rest. The vibrancy of your ministry, the well-being of your soul and the health of your family depend on it.

Score: 4 You are familiar with rejuvenating aspects of rest and renewal (well done good and faithful servant!), but gaps remain. You know how to run hard and you are aware of what it means to rest well. Now take a look at your physical, emotional, spiritual, relational reserves. What are your strengths? Where can you improve? Expand your horizons. What needs attention? Explore how “resting well” will bring new realms of vibrancy to an area where you're serving with a self-imposed limp.

Score: 5-6 Ah! The life-giving rhythms of rest are established in your life. You have adopted God's ways and not the worlds. The fruit of well-being is yours to enjoy—and pass along to others. Stay the course. Your life is a walking billboard. Be intentional about sharing the story of your journey into the rhythms of rest. You have a remarkable opportunity to light the way.

Assessment

- Are you happy?
- Are you healthy?
- Are you holy?
- Are you whole?

Finally, ask someone who knows you well to assess you in these 4 areas. Ask them to share honestly. Then listen. Listen with all your heart.