

How Are You?

“And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.” (Mark 12:30–31, ESV)

How is your **Being?**

How well are you living as the Beloved of God? What is the state of your soul? How are you and Jesus doing?

1 - My soul is overflowing

5 - I am dry

How is your **Thinking?**

How aware are you of your internal narrative? How well are you taking your thoughts captive in obedience to Christ? How much is your mind at rest?

1 - I have focus

5 - I am distracted

How is your **Feeling?**

How in tune are you to your heart? How aware are you of what you are feeling about yourself and others?

1 - I am aware and surrendering

5 - I am in the dark

How is your **Doing?**

How aware are you of what you are doing and why you are doing it? How much are your actions moving you toward purpose? How much are your actions self-medicating to distract or dull yourself from reality?

1 - I am acting intentionally

5 - I am acting reactively

