

How to Live On Fire RELAX & REFLECT Worksheet

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BASELINE

In the last 7 days, how often have you:

- breathed deeply
- sat still for 10 minutes
- prayed (in other words, talked out loud about what's happening in your life, where you need help, what you are worried or fearful about, etc.)
- made a list of what you are thankful for

DESIGN YOUR FUTURE Relax and Reflect Program

Day	Body/Mind Quiet Time (3 deep breaths, mind/body relaxed – not thinking or doing anything)	Prayer (what's happening, where do I need help?, what am I worried or fearful about?)	What am I thankful for?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Accountability:

Accountability Partner 1

Name: _____

Weekly Check-In: _____

Accountability Partner 2

Name: _____

Weekly Check-In: _____

Accountability Partner 3

Name: _____

Weekly Check-In: _____