

# 8 Questions to Ask

{when you don't feel like yourself}

## SPIRIT

1. Did I spend time with God today (prayer + Bible study)?
2. What passage from God's Word am I meditating on today?

## MIND

3. Have I been paying attention to what I'm thinking about?
4. Am I analyzing and changing my thoughts to make sure they agree with Scripture?

## BODY

5. Have I filled my body with real, living foods today?
6. Have I drastically cut out any food groups?
7. Have I exercised?
8. How much sleep did I get last night?