8 Questions to Ask

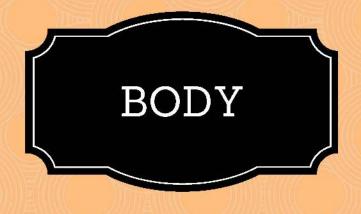
{when you don't feel like yourself}



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



- 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?



- 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?