

SOUL HEALTH & SELF-MASTERY

IF WE COMMIT TO POURING INTO OUR OWN PERSONAL HEALTH AND SELF-MASTERY, WE WILL BECOME BETTER AND BETTER AT BEING TRULY HAPPY AND FULFILLED AND MORE SUCCESSFUL IN POURING INTO OTHERS.



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- **UNDERSTAND YOUR FEELINGS AND THOUGHTS INSTEAD OF REACTING TO THEM.**
 - **HARNESS OR MASTER YOUR EMOTIONS RATHER THAN TRYING TO CHANGE YOURSELF.**

Express your emotions in the right directions, and they won't build up, overtake you, or impose on others. But don't suppress your emotions. Don't ignore pain. Face it, and take one step forward beyond it.

- **CREATE DAILY ROUTINES THAT FORCE YOU TO GROW.**

For me, it includes: praying in the Holy Spirit, regular challenging exercise and a healthy relationship with food, along with making someone's day or life better in some way. These have become non-negotiable routines in my life. These disciplines make me more focused and healthier in my soul. And a healthier "me" is a better "ME" for YOU and the people I am privileged to serve.

- **ASK FOR HELP**

There are so many ways to learn about anything online. And we are a family and a team, to talk openly with—to encourage one another, sharpen one another. To be the best version of ourselves, we need each other at critical times, and we need to never feel threatened by our weaknesses or shortcomings being exposed. We ALL have them.

- **LEARN TO REST**

That's not just taking time off— but that is part of it— it's learning to rest your mind and your soul; and to silence or curb the busy activity inside your head. Let's continue to BE LOVE to one another, our churches, and our communities.



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