



Love and Treasure This Moment of Introspection: Is Loving A Discipline?

Whenever you're feeling like your life is out of sync, analyze the health of your:

- Faith
- Family
- Field (Career)
- Finance
- Fitness
- Friends
- Fun

In order to help you dig a little deeper in these areas to see which of them might need a bit more TLC (tender, love and care), answer the questions below.

Remember that this is a tool that you can use to be honest with yourself... because after all, you are the one who could have the motivation and discipline to have the life that you desire.

- If you had 100% **faith** in your love for so-and-so, what would you do?

- If you could do anything for your **family** what would you do?

- What would your **field**/career have to have in order for you to really love it? Are these really non-negotiables for you? And is the lack of these things the reason why you're miserable?

- If your **finances** were in order and money was not an issue who would you most like to do something special for and what would you do for them?

- What can you do to love yourself a little more and improve your overall fitness?

- When is the last time that you've spent some quality time with a friend? If it's been longer than you'd like, have you made an invitation to get together? Whose side of the court is the invitation on yours or theirs?

- Which of your relationships needs more fun in it and what can you do to add it into both of your lives?