



Question:
How am I doing in my
everyday life?



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But First, Welcome!

"Softly looking at ourselves does not mean glossing over our difficulties or faults. It means viewing ourselves through Christ's compassionate eyes...Power comes from such true self-awareness."

-Robert J. Wicks, "Availability"

Hello, Heartlifter! I am so excited you have found your way here. You are beginning a heartlifting journey that leads to a rich, meaningful life. Be sure to:

- [Subscribe to the podcast.](#)
- Drop me a note, at janell@janellrardon.com, and share your hopes and desires from being a part of my community. I want to know!

The first and greatest step on the heartlifting journey is to increase your self-awareness. Awareness is absolutely everything. This short little self-examination of the soul is a great starting point. Find a little piece of quiet, disconnect from digital distraction, pour yourself a cup of something delicious, and be as honest with yourself as you can be. I'm thinking and praying for you!





3 Questions to Get You Started "In the last week"...

1. What made you laugh out loud recently?

2. Where did you find beauty?

3. What frustrated you and tangled you up inside?



6 Self-Reflective True or False Questions

"In my everyday life..."

If you answered FALSE, add a few thoughts on your struggle in this area. Would you consider this a growth point in your life? Something you'd like to see happen?

1. I live from a calm, centered place.

2. I am practicing self-care and restoration daily, when and if I can, to make sure I am fully present to myself and others?

3. I am disciplined and intentional about how much time and energy I spend on digital distractions.



6 Self-Reflective True or False Questions

"In my everyday life..."

If you answered FALSE, add a few thoughts on your struggle in this area. Would you consider this a growth point in your life? Something you'd like to see happen?

4. I am conscious of my nonverbal cues (eye contact, tone of voice, facial expressions, body language) and am direct and diplomatic in my conversations with others.

5. I take a few moments in my day to connect with God, informally or formally. He is the most important relationship I have.

6. I offer myself grace and self-compassion on a regular basis.



My Growth Points

Growth Points are those areas in my life that need a little extra intention and attention.

*As you answered the previous questions, I bet you noticed some growth points.

Right now, my greatest growth point seems to be...

My second growth point seems to be...

My third growth point seems to be...



Ok. Time to reframe some limiting beliefs.

Intention: I soak in living water beliefs.

In "Stronger Every Day: 9 Tools for an Emotionally Healthy You," TOOL 6, I introduce the concept of "living water beliefs." If you have the book, take a moment to read the section, "Limiting Beliefs or Living Water?" in TOOL 6, pp. 163-169. You see, we all have a belief system. Our beliefs frame how we see our life. They are complex; they define us and organize our everyday lives. Limiting beliefs hinder us from living into our God-breathed purpose. Living water beliefs unleash the unlimited resources of God, enabling us to live into His fullness. Take a few moments to identify a few of your limiting beliefs and then craft a living water belief that reframes your story. They will become your affirmations for the week.



Limiting Beliefs

1. It's too hard to change.

2. Nobody listens to me.

3.

4.

5.

6.

7.

8.

9.

10.



Living Water Beliefs

Change is hard, but with God's help, I can change.

I have value, worth, and dignity, and use my voice in direct, diplomatic ways.



I'm Cheering You On!

"Living water unleashes unlimited resources for living a meaningful life. Living, or zao in Greek, means, "to enjoy real life...to be in full vigor [active bodily or mental strength or force], to be fresh, strong, and efficient."

Wow. Who doesn't want that kind of life?

I know I do.

And, I believe you do too. That is why you are right here.

Thanks for joining our heartlifting community dedicated to becoming stronger every in our sense of self, our behavior patterns, and our communication skills.

Would you be so kind to connect with me via email, janell@janellrardon.com, to share your thoughts about this little exercise? I want to pray for you. Until we meet in person, be blessed beyond measure!

