

TRICIA ZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast "Another Beautiful Life." It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I'm already praying you hear His voice clearly.

Episode 141 – Rhythms of Rest

Rest is a gift from God. He knows we need it. Maybe it's a re-set, a re-charge, renewal, a re-purpose. Whatever it is for you, God knows we need it for our mental, physical, and emotional health. Matthew 11, verse 28 says, "Come to me, all you who are weary and burdened, and I will give you rest." Rest provides time for a necessary 'life check' to evaluate and see if your life is heading in the direction you intend for it to.

1) Consider these questions and write out any thoughts or answers you may have:

- Do I have my priorities straight?
- Am I doing what is in alignment with my passions and God's design for my life?
- Is the way I am spending my time bringing joy, purpose, and fulfilment to my life?
- Am I spending time with God – reading the Bible and letting Him talk to me?
- Am I focused on prayer for all the things in my life and the people I love?
- What attitude do I have while doing these things?
- Is there a pattern of behavior that's getting me off track?
- Do I have a dream for my life? And am I dreaming big enough? Are the things I'm doing getting me closer to that dream?
- Am I inspired?
- At the end of my life, what will have mattered the most? Will I have any regrets? Will I wish I had tried something that I'm currently afraid to try?

The Holy Spirit communicates to us in many ways, but mostly through our minds and our thinking. So, partnering with Him and asking Him to speak to your mind, ask yourself these four questions to evaluate your life.

Number one: What's going well?

It's important to take a look at all the ways our lives are going right: The blessings God is giving us, the people in our life, the answers to prayer, the fact that we wake up another day with a beating heart and breath in our lungs. This is the time we take note of all the things we're thankful for that's going well.

2) What is going well in your life?

Number two: What's going wrong?

It's necessary to take some time here and discover what's actually happening and *why* things are going wrong. If you know why, it's likely you can find a solution to course correct and begin on a new path.

3) What's going wrong in your life? And *why*?

Number three: What needs my attention?

This is an assessment of those areas in your life that you're not prioritizing that you need to be. Perhaps it's your relationships – with God, with your spouse, your children, your friends. Or your health – mentally or physically.

4) What needs your attention?

Number four: What would I do differently?

This is where you find solutions to problems and begin to dream: What would I do differently in my life if failure weren't an option, if money wasn't an obstacle, if I had all the time in the world?

5) What would you do differently?

If you'd like some help in this area, feel free to email me: coaching@triciazody.com