



## HOMework FOR THE WEEK OF SEPTEMBER 26

Heart change is harder than prescriptive change. Answer these questions this week as you assess your own need to find rest.

- 1) What rhythms and structures do you need to establish to slow down?
- 2) Where are you finding your value?
- 3) Calculate how many weeks you have left if you live until you are 80.  
Ponder this for a week and write down what your priority would be if this were your last week.