

The Freeze Check In

A 5-Minute Reflection for People Who Carry a Lot

Score 1-5 for each question (1 - Rarely True and 5 - Always True)

My days feel meaningful, not just productive.	
I regularly pause long enough to notice what I need.	
I have people I can be completely honest with.	
I notice and appreciate what is good, even during difficult seasons.	
I am investing in the person I am becoming, not only the role I currently hold.	

Your score matters less than your answer to this question:

Which statement was hardest to rate highly?

One Small Step

Based on your responses, what is one thing you could do this week to create more renewal?