

Physical Health - Sleep Log

Day/Date **Asleep Time** **Wake Up Time** **Hours Slept**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

wake up During the Night Log

Day/Date **Wake Up Time** **Back to Sleep** **Reason for Wake Up**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

what's next?



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As women, we can get caught up in spending countless hours investing in others to help them get something accomplished or walk through a rough spot or even just doing life with them. When was the last time you invested in yourself? I'm not talking about just going to an exercise class or the gym. I'm talking about being intentional with caring for yourself – emotionally, spiritually and physically. The Bible tells us in 1 Corinthians 3:16 that our bodies are God's temple and as believers we are responsible to care for them so that we can be used to do God's work. Remember the reason why here – so that we can be used by God for His work.

How can you have any resources to offer others when you aren't being intentional to equip yourself? When was the last time you felt good about yourself and who you are? Do you believe you have something to offer others and the world? Have you been so busy performing various roles (student, career, cook, housekeeper, chief financial officer, chauffeur, teacher, entrepreneur, etc.) that you have taken on those identities and you don't know who you are anymore?

Ladies, we are really good at getting things done even if we have to sacrifice sleep and our personal life. Most women, and particularly moms, are naturally nurturers, caregivers and self-sacrificers. Over the years we put our husband's, children's, friends' and family members' needs and wants before our own. Days turn into weeks and weeks turn into months and months turn into years. Without realizing it, we don't know who we are anymore because we have lost ourselves in other people or in our jobs.

Hi, I'm **Renee Bethel** and I'm the author of the Finding Me, A Woman's Guide to Learning More About Herself journal. I am an educator and I have always been a whole body wellness advocate. I EDUCATE, ENCOURAGE and EQUIP women so they can grow emotionally, spiritually and physically.

I love sharing great resources and fresh ideas to help women grow personally and be equipped to minister to the people God brings into their lives. I'd love to connect with you in my free Facebook group.

