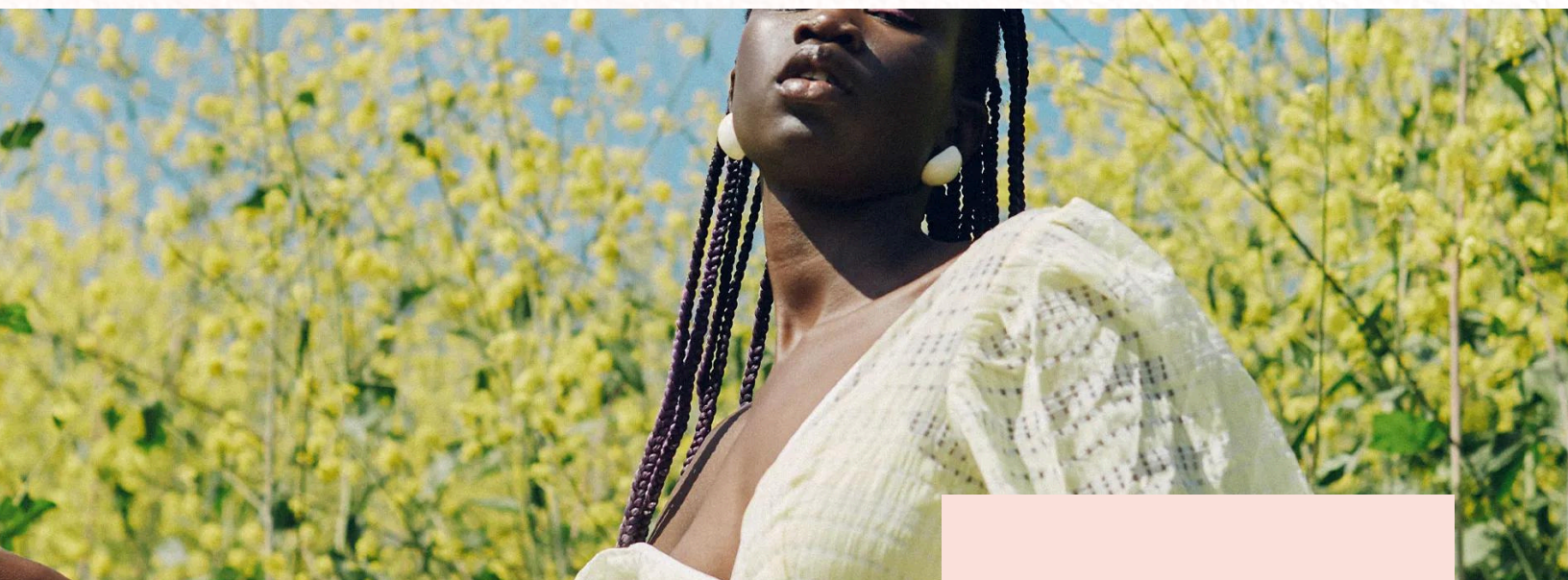


SPRING CLEANING

How your mental and spiritual affect your physical



Introduction LET'S GET STARTED



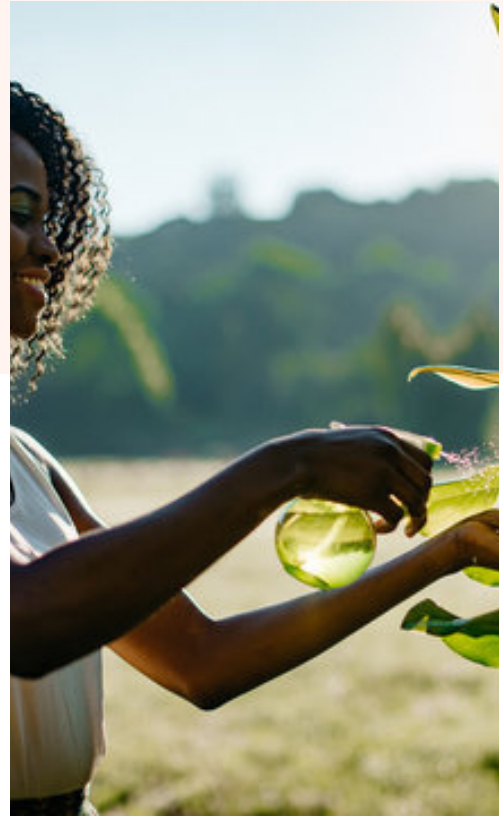
The spring is here and we are looking forward to the warmer weather and longer days. It's the time of year when we are cleaning out our homes and preparing for the new season. It's time to put away the winter clothes and brighten up the place. But Spring cleaning isn't just about the physical, it's also about the mental as well. In this guide, you will learn how your mental and spiritual is tied to your physical.

"You have to take
inventory of what
needs to go in your
life and what needs to
stay"

How IT'S ALL CONNECTED

This theme of "Spring Cleaning" is more than just switching things out for the next season. It sounds like something great to do, but this is something that needs to be practiced daily. There are a lot of things that come with our daily walk with God like praying, reading the Bible, going to church, fasting, and much more.

The atmosphere that we put ourselves in means so much to our mental, spiritual, and physical. If your home is dimly lit, and full of clutter it can make you feel depressed, and lazy or give you anxiety. You may think these things don't show when you're out in the world but these are the things that will bleed over into everything that you do in life. If you keep your atmosphere clean and bright, or even in order trust me it will lift you spiritually. Now everyone can't get a complete professional makeover of their homes but a coat of paint, new curtains, or just rearranging some furniture is a start to making you feel better mentally, spiritually, and physically.



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MORE
ENCOURAGEMENT?

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Section 1

LET'S ASSESS

Complete this assessment before getting started to see where you are.

How will you rate the following					
	Never	Rarely	Sometimes	Always	
PHYSICAL	my body feels good	☐	☐	☐	☐
	I exercise to keep my body healthy	☐	☐	☐	☐
	I get 7-8 hours of sleep every day	☐	☐	☐	☐
	I include nutritious food in my diet	☐	☐	☐	☐
	I spend time with family and friends	☐	☐	☐	☐

How will you rate the following					
	Never	Rarely	Sometimes	Always	
EMOTIONAL	I can manage my feelings properly	☐	☐	☐	☐
	I am able to cope when stress	☐	☐	☐	☐
	I have a positive outlook and energy	☐	☐	☐	☐
	I allot time for my hobbies	☐	☐	☐	☐

But everything should be done in a fitting and orderly way.

1st Corinthians 14:40

Section 2

LET'S TAKE INVENTORY

Go through your home room by room, taking note what needs to go and what needs to stay and any changes you would like to make. For example, you may want to add new furniture or paint. But make sure that you are thorough and realistic with your list.



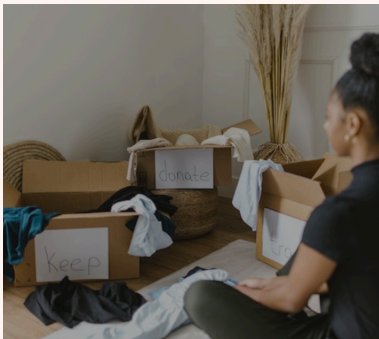
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Section 3

SETTING YOUR GOALS

Once you've went through your home and assessed what needs to be done it's time to get the Spring cleaning started. Write down where to start and where to end.

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2

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3

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Section 4

LET'S ASSESS

Complete the assessment. Compare where you were mentally, spiritually, and physically. In the "Notes" section write down what you took from this experience.

How will you rate the following					
	Never	Rarely	Sometimes	Always	
PHYSICAL	my body feels good	☐	☐	☐	☐
	I exercise to keep my body healthy	☐	☐	☐	☐
	I get 7-8 hours of sleep every day	☐	☐	☐	☐
	I include nutritious food in my diet	☐	☐	☐	☐
	I spend time with family and friends	☐	☐	☐	☐

How will you rate the following					
	Never	Rarely	Sometimes	Always	
EMOTIONAL	I can manage my feelings properly	☐	☐	☐	☐
	I am able to cope when stress	☐	☐	☐	☐
	I have a positive outlook and energy	☐	☐	☐	☐
	I allot time for my hobbies	☐	☐	☐	☐

