

A Life I Feel Good About

Closing the gap between what I value and how I live

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Regulated Woman

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A clear conscience, a settled heart

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Welcome

Because of this, I always try to maintain a clear conscience before God and all people.
Acts 24:16

Imagine getting into bed at night and feeling settled. Not perfect, not without problems, but at peace. You were kind today. You were honest. You did your work well. You kept your word. You spent time with God and with the people who matter. You can look yourself in the eye.

That's what it means to live a life you feel good about.

Many of us live with a low hum of unease: a gap between the life we want to live and the one we're actually living. Small compromises. Unkept promises. Time slipping away on things that don't matter.

This booklet is an invitation to close that gap, gently and with God's help, one small step at a time.

This booklet will help you:

- notice where you feel uneasy about your life
- name the values you want to live by
- live with integrity and a clear conscience
- spend your days, work, money and relationships well
- make small changes that add up to a life you feel good about.

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Feeling Good, God's Way

What this is, and isn't

Living a life you feel good about isn't about:

- pleasing everyone
- being perfect
- doing whatever feels nice in the moment
- earning God's love.

It is about:

- living in line with what you believe
- having a clear conscience before God and people
- using your time, gifts and energy well
- being someone you can respect
- walking in peace with God.

> *Dear friends, if we don't feel guilty, we can come to God with bold confidence.*
> *1 John 3:21*

The good feeling we're looking for isn't a passing high. It's a quiet, settled peace.

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Where I Feel Uneasy

Being honest

Tick the areas of life where you feel a little uneasy at the moment.

- ☐ How I spend my time
- ☐ My work
- ☐ My relationships
- ☐ How I speak to people
- ☐ My money and spending
- ☐ My home
- ☐ How I care for my body
- ☐ My time with God
- ☐ Promises I haven't kept
- ☐ Something I need to put right

The area that comes to mind first:

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Minding the Gap

What I value and how I live

Unease often comes from a gap between what we value and how we're actually living.

WHAT I SAY I VALUE…	HOW I'M ACTUALLY LIVING…
Family	Too busy to really be present
Health	Rushing, not resting
Faith	God gets the leftovers
Kindness	Snapping when I'm stressed
Generosity	Spending everything on myself

Fill in the last rows with your own.

The gap I most want to close:

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A Clear Conscience

Nothing hidden, nothing owed

Because of this, I always try to maintain a clear conscience before God and all people.
Acts 24:16

Paul worked at keeping a clear conscience. It didn't happen by accident.

A clear conscience comes from:

- confessing what we've done wrong
- putting things right where we can
- apologising when we've hurt someone
- keeping our promises
- refusing to live with secrets.

But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.
1 John 1:9

Something I need to confess or put right:

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The Same in Every Room

Integrity

People with integrity walk safely, but those who follow crooked paths will be exposed.
Proverbs 10:9

Integrity means being the same person in every room: at work and at home, at church and online, with people who can help us and people who can't.

When we're one person in public and another in private, we carry a constant tension. When we're the same everywhere, we can relax.

Ask yourself:

- Would I be comfortable if my private life were seen?
- Do my words match my actions?
- Do I keep my promises, even small ones?
- Am I honest, even when it costs me?

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No Need to Compare

My own race

Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else.
Galatians 6:4

Comparison steals the good feeling of a life well lived. Someone will always seem to have more, do more or look better.

God isn't asking you to live someone else's life. He's asking you to live yours faithfully, with the gifts, time and calling He's given you.

There's deep satisfaction in a job well done, on your own track.

Where comparison has stolen my peace:

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How I Spend My Days

Making them count

Teach us to realise the brevity of life, so that we may grow in wisdom.
Psalm 90:12

So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity.
Ephesians 5:15–16

How we spend our days is how we spend our lives.

WHERE MY TIME GOES NOW	WHERE I'D LIKE IT TO GO

One change that would help me feel better about my days:

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Work I'm Proud Of

Doing it well

Work willingly at whatever you do, as though you were working for the Lord rather than for people.
Colossians 3:23

So I decided there is nothing better than to enjoy food and drink and to find satisfaction in work. Then I realised that these pleasures are from the hand of God.
Ecclesiastes 2:24

Whether your work is paid or unpaid, at home or in an office, it matters to God. There's a deep satisfaction in doing it well, honestly and with care.

That doesn't mean overworking. It means giving your best in the hours you work, and then resting.

Something I could do this week to feel prouder of my work:

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Relationships I'm Proud Of

How I treat people

Do all that you can to live in peace with everyone.
Romans 12:18

At the end of our lives, it's not achievements we'll think about most. It's people: how we loved them, how we treated them and whether we were there.

A life you feel good about includes relationships where you:

- ☐ are kind, even when tired
- ☐ tell the truth, with love
- ☐ say sorry when you're wrong
- ☐ keep in touch with people who matter
- ☐ forgive, and don't hold grudges
- ☐ give your full attention when you're together

A *relationship I'd like to invest in more:*

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Caring for My Body and Home

Stewarding what I've been given

Don't you realise that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?
1 Corinthians 6:19

Feeling good about life often includes feeling good about how we care for the body and home God has given us.

Small steps might be:

- going to bed a little earlier
- eating more nourishing food
- getting outside each day
- booking that check-up with your doctor
- clearing one cluttered corner
- making your home a calmer, more welcoming place.

None of this is about perfection. It's about care.

One small way I'll care for my body or home:

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Money I Feel Good About

Wise, honest and generous

The wise have wealth and luxury, but fools spend whatever they get.
Proverbs 21:20

You must each decide in your heart how much to give... For God loves a person who gives cheerfully.
2 Corinthians 9:7

Money can be a source of quiet guilt or quiet peace. A life you feel good about includes money that's handled honestly, wisely and generously.

Ask:

- ☐ Do I know where my money goes?
- ☐ Am I living within my means?
- ☐ Am I saving a little, however small?
- ☐ Am I generous?
- ☐ Am I honest in every financial dealing?

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Living by My Values

Choosing what matters

Tick the values that matter most to you, then circle your top five.

- ☐ Faith
- ☐ Family
- ☐ Honesty
- ☐ Kindness
- ☐ Generosity
- ☐ Health
- ☐ Courage
- ☐ Faithfulness
- ☐ Peace
- ☐ Creativity
- ☐ Service
- ☐ Joy
- ☐ Learning
- ☐ Hospitality

My top five values, and what living them would look like:

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Stop at the Crossroads

Choosing the good path

This is what the Lord says: "Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls."
Jeremiah 6:16

Every day, we come to small crossroads: to tell the truth or shade it, to rest or to rush, to be kind or to snap, to pray or to scroll.

The godly path doesn't always feel easier in the moment. But it leads to rest for our souls, and that's what a life we feel good about really is.

Today I have given you the choice between life and death, between blessings and curses… Oh, that you would choose life.
Deuteronomy 30:19

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Small Steps

Not a total overhaul

Do not despise these small beginnings, for the Lord rejoices to see the work begin.
Zechariah 4:10

You don't need to change everything at once. Trying to overhaul your whole life in a week usually leads to giving up.

Instead, choose one small change. Do it for a few weeks. Then choose another.

THIS MONTH, I'LL…

Small, steady changes add up to a life you feel good about.

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When I've Fallen Short

Grace for a fresh start

There will be days when you don't live up to your values. You'll snap, waste time, break a promise or fall back into an old habit.

That doesn't mean you've failed. It means you're human.

> *The faithful love of the Lord never ends! His mercies never cease.*
> *Great is his faithfulness; his mercies begin afresh each morning.*
> *Lamentations 3:22–23*

Confess it, put it right if you can, receive His grace and start again. A life you feel good about isn't a perfect life. It's a forgiven life, lived with a willing heart.

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A Life I Feel Good About

A prayer

PRAY THIS OUT LOUD

Lord, I want to live a life I feel good about, a life that honours You and lets me rest at night with a clear conscience.

Show me where the gaps are between what I value and how I'm living. Show me what I need to confess, and what I need to put right. Give me courage to do it.

Help me to be the same person in every room. Help me to keep my promises, tell the truth and treat people with kindness.

Teach me to number my days, and to spend them well. Help me to work with care, rest without guilt, love people well and handle money wisely and generously.

When I fall short, remind me that Your mercies are new every morning.

Lead me on the good path, and give me rest for my soul.

Amen.

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My Declarations

Speak these out loud

- I live with a clear conscience before God and people.
- I am the same person in every room.
- My words and my actions match.
- I keep my promises.
- I run my own race, without comparing.
- I make the most of my days.
- I do my work well, and I rest well.
- I treat people with kindness and honesty.
- I choose the good path, and find rest for my soul.
- His mercies are new for me every morning.
- I'm living a life I feel good about.

People with integrity walk safely.
Proverbs 10:9

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A Blessing

For the woman living a life she feels good about

May you lie down each night with a clear conscience and a settled heart.

May your words and your actions match, and may you be the same in every room.

May your days be well spent, your work well done and your relationships well loved.

May you choose the good path at every crossroads, and find rest for your soul.

And may you one day hear the words every faithful heart longs for: “Well done, my good and faithful servant.”

In the name of Jesus.

Amen.

I have fought the good fight, I have finished the race, and I have remained faithful.
2 Timothy 4:7

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My Notes and Prayers

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Stop at the crossroads…
and you will find rest for your souls.
Jeremiah 6:16

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