

BALANCING YOUR 2026 T.H.I.N.G.S

Daily Self Care

“TEACH ME TO NUMBER MY DAYS, LORD, THAT MY LIFE MAY BE LIVED WISELY AND WELL.”— PSALM 90:12

Date: _____

Quiet Time: _____

Bible: _____

Supplements/ Activators

<input type="checkbox"/>	_____

Breakfast/Lunch

<input type="checkbox"/>	_____

Dinner/Snacks

<input type="checkbox"/>	_____

HYDRATION Goal: _____/oz.

H-Health

My health and focusing on it is NOT optional.

“Do you not know that your bodies are temples of the Holy Spirit...? Therefore, honor God with your bodies.”
— 1 Corinthians 6:19–20

<input type="checkbox"/>	_____

Total Daily Calories: _____

Daily Protein Total: _____/_____

Total Daily Oz H2O: _____/____

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**I-Intentional
Time/**

Relationships

--How did I spent time with those I love today?

"Above all, love each other deeply, because love covers over a multitude of sins."

— 1 Peter 4:8

**N-Things I Said
NO to today**

--How did I not over commit?

--Clear boundaries are honest boundaries.

"Let your 'Yes' be yes, and your 'No,' no."

— Matthew 5:37

**G-
Going/Growing**

--How did I have fun today?

--What new things did I try or learn?

"See, I am doing a new thing! Now it springs up; do you not perceive it?"

— Isaiah 43:19

S-Service

to Self & Others

--What did I do for myself today?

--How did I serve others today?

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace."

— 1 Peter 4:10

REFLECTIONS:

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