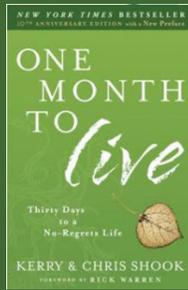


# ROSES *and* THORNS BOOK CLUB



Make It Last For Life

## DAY 5: Oxygen Mask Breathing First

How would you rate your health in each of these four areas - spiritual, physical, emotional, relational - from one (terrible) to ten (fantastic)? What's the greatest challenge to improving your health in these areas? What can you do to work through this challenge?

Connect daily to [www.kerryshook.org](http://www.kerryshook.org) and spend fifteen to thirty minutes working on your spiritual, physical, emotional, and relational health.

Spend time journaling about a specific goal for each of these four areas that you can pursue during the rest of this month. Make sure the goals are practical and measureable.