



REFLECTIONS FOR THE RESCUE

CHAPTER 16: DIG DEEP ACTION PLAN

RESPOND:

Identify one thing you need to say no to so that you can say yes to the things that matter most.

REFLECT:

What hinders you from staying focused?

What is the hardest part of focus for you? Making the decision, picking a direction, using discernment, or exercising discipline? How could you work on that?

In what area of your life is focus most needed?