



## REFLECTIONS FOR THE RESCUE

### CHAPTER 19: PEOPLE. PLACES. AND THINGS ACTION PLAN

#### RESPOND:

Take a piece of paper and make three columns on each size. On one side write "Good Discernment." List the people, places, and things that represent good discernment on your part. On the other side write "Poor Discernment." List the people, places, and things that illustrate your need to use more discernment in your life. Now pick something off the "Poor Discernment" side of the paper and decide what you can do to let that person, place, or thing go.

#### REFLECT:

Who do you have in your life who supports you, joins you, or gives you direction? Who are you supporting, joining, or giving direction to?

How is your environment helping you focus? If it's not helping, what can you do to change that? What place will better position you to head towards your finish line?

What things in your life create distraction? What things do you need in your life to help you be the person you're trying to be?