

## SHIFT #3- RESET YOUR NERVOUS SYSTEM

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." MATT. 11:28*

COMPLETE THIS SCORECARD

1 POINT FOR EACH ACTIVITY THAT WILL RESET YOUR NERVOUS SYSTEM

- |   |   |
|---|---|
| <input type="checkbox"/> Smile when you look in the mirror            | <input type="checkbox"/> Practise gratitude |
| <input type="checkbox"/> Practise deep breaths to calm nervous system | <input type="checkbox"/> Hum                |
| <input type="checkbox"/> Move your body                               | <input type="checkbox"/> Sing               |
| <input type="checkbox"/> Spend time in prayer                         | <input type="checkbox"/> Sit quietly        |
| <input type="checkbox"/> Laugh  | <input type="checkbox"/> Practice gratitude |

Your score out of 10 \_\_\_\_\_

Additional Thoughts

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Share your anchor scripture in the [Private Facebook Group](#).