## Weight Loss God' Way 5 DAYS GOD'S WAY FAST ACTION WORKSHEET 3 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

Additional Thoughts		
Your score out of 10		
<ul> <li>Spend time in prayer</li> <li>Laugh</li> </ul>	Practice gratitude	
system  Move your body  Spand time in prover	<ul> <li>Sing</li> <li>Sit quietly</li> <li>Breating gratitude</li> </ul>	
<ul> <li>Smile when you look in the mirror</li> <li>Practise deep breaths to calm nervous system</li> </ul>	<ul> <li>Practise gratitude</li> <li>Hum</li> <li>Sing</li> </ul>	

Share your anchor scripture in the Private Facebook Group.

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