











# THIS IS THE WAY: WORKSHEET

This is intended to be used with the main booklet.

## INITIAL EVALUATION

Please rate yourself out of ten for these moods and unhelpful behaviours (see the booklet for descriptions).

0 - Never --- 10 - Always

| Red-Flag Moods<br>Moods that persist for weeks.   | /10                  | Red-Flag Behaviours<br>Patterns of behaviour, not one-offs   | /10                  |
|---|----------------------|--|----------------------|
|  Grumpy or Frustrated  | <input type="text"/> |  Doom-scrolling           | <input type="text"/> |
|  Rushed or Hurried     | <input type="text"/> |  Comfort Eating / Drinking | <input type="text"/> |
|  Exhausted            | <input type="text"/> |  Consumerism             | <input type="text"/> |
|  Condemned or Guilty | <input type="text"/> |  Pornography            | <input type="text"/> |
|  Anxious or Stressed | <input type="text"/> |  Escapism                | <input type="text"/> |

Please rate yourself out of ten for these helpful behaviours (see booklet for descriptions).

|  |                      |   |                      |
|--|----------------------|---|----------------------|
|  Regular Bible Reading        | <input type="text"/> |  Personal Prayer Time      | <input type="text"/> |
|  Sunday Attendance            | <input type="text"/> |  Small Group Attendance    | <input type="text"/> |
|  Celebration and Thankfulness | <input type="text"/> |  Solitude & Silence        | <input type="text"/> |
|  Slowing Down & Rest          | <input type="text"/> |  Exercise & Healthy Eating | <input type="text"/> |
|  Worship                      | <input type="text"/> |  Accountability            | <input type="text"/> |
|  Scripture Meditation         | <input type="text"/> |  Journaling                | <input type="text"/> |









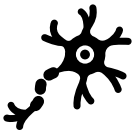

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## SECOND EVALUATION

Please rate yourself out of ten for these moods and unhelpful behaviours (see the booklet for descriptions).

0 - Never --- 10 - Always

| Red-Flag Moods<br>Moods that persist for weeks.   | /10                  | Red-Flag Behaviours<br>Patterns of behaviour, not one-offs   | /10                  |
|---|----------------------|--|----------------------|
|  Grumpy or Frustrated  | <input type="text"/> |  Doom-scrolling           | <input type="text"/> |
|  Rushed or Hurried     | <input type="text"/> |  Comfort Eating / Drinking | <input type="text"/> |
|  Exhausted            | <input type="text"/> |  Consumerism             | <input type="text"/> |
|  Condemned or Guilty | <input type="text"/> |  Pornography            | <input type="text"/> |
|  Anxious or Stressed | <input type="text"/> |  Escapism                | <input type="text"/> |

Please rate yourself out of ten for these helpful behaviours (see booklet for descriptions).

|  |                      |   |                      |
|--|----------------------|---|----------------------|
|  Regular Bible Reading        | <input type="text"/> |  Personal Prayer Time      | <input type="text"/> |
|  Sunday Attendance            | <input type="text"/> |  Small Group Attendance    | <input type="text"/> |
|  Celebration and Thankfulness | <input type="text"/> |  Solitude & Silence        | <input type="text"/> |
|  Slowing Down & Rest          | <input type="text"/> |  Exercise & Healthy Eating | <input type="text"/> |
|  Worship                      | <input type="text"/> |  Accountability            | <input type="text"/> |
|  Scripture Meditation         | <input type="text"/> |  Journaling                | <input type="text"/> |


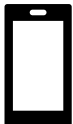








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## THIRD EVALUATION

Please rate yourself out of ten for these moods and unhelpful behaviours (see the booklet for descriptions).

0 - Never --- 10 - Always

| Red-Flag Moods<br>Moods that persist for weeks.   | /10                  | Red-Flag Behaviours<br>Patterns of behaviour, not one-offs  | /10                  |
|---|----------------------|---|----------------------|
|  Grumpy or Frustrated  | <input type="text"/> |  Doom-scrolling            | <input type="text"/> |
|  Rushed or Hurried     | <input type="text"/> |  Comfort Eating / Drinking | <input type="text"/> |
|  Exhausted            | <input type="text"/> |  Consumerism             | <input type="text"/> |
|  Condemned or Guilty | <input type="text"/> |  Pornography             | <input type="text"/> |
|  Anxious or Stressed | <input type="text"/> |  Escapism                | <input type="text"/> |

Please rate yourself out of ten for these helpful behaviours (see booklet for descriptions).

|  |                      |   |                      |
|--|----------------------|---|----------------------|
|  Regular Bible Reading        | <input type="text"/> |  Personal Prayer Time      | <input type="text"/> |
|  Sunday Attendance            | <input type="text"/> |  Small Group Attendance    | <input type="text"/> |
|  Celebration and Thankfulness | <input type="text"/> |  Solitude & Silence        | <input type="text"/> |
|  Slowing Down & Rest          | <input type="text"/> |  Exercise & Healthy Eating | <input type="text"/> |
|  Worship                      | <input type="text"/> |  Accountability            | <input type="text"/> |
|  Scripture Meditation         | <input type="text"/> |  Journaling                | <input type="text"/> |

# MY RHYTHMS OF GRACE

Use the template to compose your own helpful rhythm.

Name: .....

Accountable to: .....

