



SYMPTOMS THAT YOU MAY NEED TO REST

- | | | |
|--|---|---|
| <input type="checkbox"/> persistent fatigue | <input type="checkbox"/> overwhelmed | <input type="checkbox"/> lack of joy |
| <input type="checkbox"/> always hurrying | <input type="checkbox"/> chronic distractions | <input type="checkbox"/> empty prayers |
| <input type="checkbox"/> tiredness | <input type="checkbox"/> confusion | <input type="checkbox"/> lack of contentment |
| <input type="checkbox"/> frequent sighs | <input type="checkbox"/> forgetfulness | <input type="checkbox"/> "dry" worship |
| <input type="checkbox"/> tense neck | <input type="checkbox"/> emotional emptiness | <input type="checkbox"/> fearful/ lack of faith |
| <input type="checkbox"/> dark circles under eyes | <input type="checkbox"/> irritable | <input type="checkbox"/> lonely /disconnected |
| <input type="checkbox"/> overworked | <input type="checkbox"/> unmotivated | <input type="checkbox"/> lack knowledge of "The Word" |
| <input type="checkbox"/> yelling often/ short temper | <input type="checkbox"/> negative | <input type="checkbox"/> selfishness |
| <input type="checkbox"/> weight increase/decrease | <input type="checkbox"/> worry/anxious | <input type="checkbox"/> prideful |
| <input type="checkbox"/> crying easily | <input type="checkbox"/> lack of concern | <input type="checkbox"/> low self-esteem |