

## On Purpose Module 4: Where do you get your energy from?

*For each module, dedicate at least half an hour to doing the activity and reflecting on it. Then each day spend five to ten minutes contemplating the questions for daily reflection. To begin it is helpful to first ground/centre yourself through reading scripture, praying, and/or doing a short breathing or mindfulness activity.*

*You will get more out of these activities and reflections by setting some time to give them your full attention (put your phone on flight mode and find an area free from screens or other distractions). Writing things down on paper or in a journal will also help clarify your thinking.*

### Activity: What is my schedule?

Write out your general week schedule hour by hour, noting the specific activity you are doing, and whether it is providing you energy, fatiguing you, or a self-care activity.

What does balance look like for you?

What would you like to do differently?

[Download an example of this activity](#)

### Questions for Daily Reflection

*Spend five or ten minutes each day reflecting on these questions. Depending on your routine, you could do this at the end of the day, or the beginning of the next day.*

How balanced was my day?

What would I like to have done differently in the past day?

Where did I see God at work in the last day? (Sometimes the answer will surprise you!)

### Scriptural Reflection

*You can use this scripture in your devotional time each day, or read it and pray before you answer the reflection questions.*

The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat. So they left by boat for a quiet place, where they could be alone. (Mark 6:30-32, NLT)