

THE HIGH FIVE MONTHLY FAMILY CHECK-INS

1. Your heart (emotional) - How's your heart? What's stealing your joy? What's bringing you happiness? What made you feel excited? Lonely?
2. Your soul (spiritual) -Between 1-10 with 10 being awesome and 1 being awful how are you doing spiritually? Why? Are you connecting with God on a deeper level? Are you reading His word?
3. Your mind (mental/educational) - What are you learning in school that frustrates you? What are you learning that you enjoy? Between 1-10- with 10 being awesome and 1 being awful how is your thought life honoring God? What subjects are you good at? What do you need more support in?
4. Your strength (physical) - How's your health? Are you regularly incorporating exercise into your day? How are you using your gifts and talents? Are there some foods in your life you need to eliminate? Add?
5. Love your neighbor as yourself (relational)- Are you sharing God's love to non-believers? Are you engaging with others in conversation? Is there a friendship or relationship that frustrates you? Or encourages you? Who? Why? Is there a friendship you need to ask God to help you let go of because it's pulling you away from good things?

It comes from these two verses found in the book of Mark in the Bible.

Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. And Love your neighbor as yourself.
Mark 12:30-31

Go to inspiredbyfamilymag.com for the all the details.