

## Living My Best Life

Week One: Who Knows Best?

### 1. "Best Life" \_\_\_\_\_:

- \* **There is a best life.**
- \* **I am not living my best life.**
- \* **To head toward the best, something has to change.**

Circumstances

Others

Me

### 2. Ways we \_\_\_\_\_ "Best Life".

A. \_\_\_\_\_.

B. \_\_\_\_\_-define

C. \_\_\_\_\_

**How is that working for you?**

### 3. \_\_\_\_\_.

A. I \_\_\_\_\_.

*"I have come that they may have life, and have it to the full."*

John 10:10 (NIV84)

B. A \_\_\_\_\_.

*"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen."*

Ephesians 3:20–21 (NIV84)

### C. W \_\_\_\_\_.

*"And my God will meet all your needs according to his glorious riches in Christ Jesus."*

Philippians 4:19 (NIV84)

### 4. Jesus is Uniquely Positioned to \_\_\_\_\_ the Best Life.

*"In the beginning the Word already existed. The Word was with God, and the Word was God. <sup>2</sup> He existed in the beginning with God. <sup>3</sup> God created everything through him, and nothing was created except through him. <sup>4</sup> The Word gave life to everything that was created, and his life brought light to everyone."*

John 1:1–4 (NLT)

## Emotional Wellness Assessment

	Almost Always	Sometimes	Very Seldom
1. I am able to develop and maintain close relationships.	2	1	0
2. I accept responsibility for my actions.	2	1	0
3. I see challenges and change as opportunities for growth.	2	1	0
4. I feel good about myself.	2	1	0
5. I feel I have considerable control over my life.	2	1	0
6. I am able to appropriately cope with stress and tension, and make time for leisure pursuits.	2	1	0
7. I am able to recognize my personal shortcomings and learn from my mistakes.	2	1	0
8. I am able to recognize and express my feelings.	2	1	0
9. I enjoy life.	2	1	0

TOTAL: \_\_\_\_\_

### Scoring

**15-20 Points:** You have excellent strength in this dimension! Make sure your daily activities are balanced between all dimensions.

**9-14 Points:** There is room for improvement. Challenge yourself to find three new things to try in order to improve your emotional wellness.

**0-8 Points:** This dimension needs a lot of work. What small steps can you take to begin taking to move towards growth? Remember, the goal is overall wellness and balance.