

ME IN 2024

SELF-CARE FOR LIFE and MINISTRY



Healthy Diet

Say More...

Daily Exercise Regimen

Say More...

Time Off to Relax, Reflect...

Say More... Weekly Monthly Yearly

Getting The Right Amount of Sleep

Say More...



Under Routine Doctor Care

Say More... I have a next scheduled appointment

Having Therapeutic Things I Do

Say More...

Maximizing Personal Relationships Outside the Church

This Year...Planning To:

Enjoy More Family Time?

Vacation/Travel?

Attend a Conference, Workshop?

Attend School

Write a Book?

Retire

