

Segue: Navigating Your Mid-Life ReSet

Four Rs of ReSet

(1.) Relationships		(2.) Relevance	
<i>Good relationships are built, not discovered.</i>		<i>See the need, make a difference.</i>	
1. The Lord	2. Spouse	1. Relationships	2. Ministry projects
3. Family	4. Friends	3. Church work	4. Community service
(3.) Rejuvenation		(4.) Recreation	
<i>Your body is a temple of the Holy Spirit. 1 Corinth. 6:19-20</i>		<i>Carpe diem.</i>	
1. Good eating habits	2. Exercise	1. Travel	2. Golf
3. Reading	4. Research	3. Hiking local and on trips	4. Other

(5.) Regrets
<i>We do numbers 1 - 4 to avoid number 5 which is regrets. We want to proactively avoid the "woulda, shoulda, coulda..." state.</i>