

PERSONAL SELF ASSESSMENT

Today's episode was full of encouragement, truth and wisdom from our guest, Nicole Clough! She shared some very practical tips that included some tough questions to ask yourself when you find yourself stuck, discouraged or disappointed! The questions below are just a simple self assessment designed to get you to start talking about what's TRUE FOR YOU!

Grab a journal, find a quiet space and be honest with your heart!



1. What do I want in a relationship or marriage? Be specific
2. What values am I looking for in a relationship or marriage?
3. What values am I bringing to the relationship?
4. What are my current priorities in relationship and in life?
5. Has loneliness affected my lifestyle? How?
6. What do I **need** to come out of loneliness?
7. What is the real truth about how I really feel?
8. What do I want and what do I want to invest my energy into?
9. What does wholeness look like for me?
10. Who can I surround myself with who can ADD VALUE to my life?
11. What can I do that allows me to live whole and complete?
12. What are some of the weights I carry in my life? Ex: Financial debt, bitterness, jealousy, comparison, etc... What can I do to release them?

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