

IN ADDITION

to your physical, outside self, you have a deep and complex inner self. It's important for you to know what's going on with that inner self. Only you are capable of knowing how you really feel and how you're doing. In order to get a clear picture of your "status" and where you are as your whole self, you'll need to take a deep peek at your inner world. The SPIRE Check-in is a helpful tool to do a personal "status update" on all levels of your being.

Memorize what the SPIRE acronym stands for. In moments when you're clouded by feelings of doom and gloom or you're anxious or completely frazzled, you can do a mental run-through of each letter, asking yourself how you are in each area. As you practice it, it'll become second nature to you. It'll be quick, like the blink of an eye, so you can get on with being happy and enjoying the fun and goodness of living life.



