

Keeping Home Happy

What are my priorities as a member of a family? Personally?

How am I doing emotionally?

What is affecting me emotionally with positive or negative stress?

What do I need to do to correctly manage my reaction to this stress?

What can I do to improve the situation or lessen its physical impact?

Here are a few things I can do to wind down and prepare for a peaceful transition from work.

- a. Review:
- b. Distance myself:
- c. Encourage/prepare myself:

Some thankful, amusing and positive media I can listen to during my homeward commute are:

Prayer and worship time is God's vitamin for my soul. I need it every day. Here are my plans to improve or increase their use:

Recreational time with God and my family helps us love each other more. This is how I plan to apply this gift: