



GOOD HEALTH FOR GOOD WORKS

Helping the earnest, but often exhausted, workers in Christian organizations take steps toward healthier living.

**Wellness
Seminars**

**Wellness
Coaching**

**Workplace Wellness
Consultation**

**Good Ideas for Good
Health Newsletter**



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DAILY DECISIONS MATTER

*For we are his handiwork,
created in Christ Jesus
to do good works,
which God prepared in
advance for us to do.*

(Eph. 2:10, NIV)

***Effective and enduring
service requires energy!***

*Does your daily schedule include
the consistent practice of good
health habits needed to gain and
sustain energy?*

**Every "yes" comes with a
corresponding "no."**

Turn to the other side for a
tool to help manage your
motivation and consider the
cost of your "yes" for

**Good Health
&
Good Works**



Before You Say "Yes..."

Manage Your Motivation^{*}

*Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.
(2 Cor. 9:7 NIV)*

Unmotivated

Sounds like: "I don't want to do this!"

Feels like: Disengaged and just going through the motions.

Motivated by External Pressure

Sounds like: "I must do this because they will..."

Feels like: Engaged in response to perceived rewards/praise or punishment/disapproval.

Motivated by Internal Pressure

Sounds like: "I should do this because I will..."

Feels like: Engaged in response to perceived shame (false guilt/perfectionism) or ego needs.

Motivated by Personal Values

Sounds like: "I'll do this because I value..."

Feels like: Engaged in response to the perceived value of the overall goal, despite personal preferences and feelings.

Intrinsic Motivation

Sounds like: "I want to do this!"

Feels like: Engaged in response to perceived satisfaction and enjoyment.

*Based on MQ Continuum by motivationWorks

Consider The Cost

*It is trap to dedicate something rashly and only later to consider one's vows.
(Prov 20:25 NIV)*

Consider Yourself

Looks like: Discerning physical, mental, emotional, and spiritual impacts.

Sounds like: "Can I afford the personal costs?"

Consider Others

Looks like: Discerning relational impacts.

Sounds like: "Can my relationships afford the costs?"

Consider Lost Opportunities

Looks like: Discerning alignment with God-given goals and giftedness.

Sounds like: "What must I say 'no' to in order to say 'yes' and can my mission afford that?"

Consider Boundaries

Looks like: Discerning alignment with God-given roles, responsibilities and authority.

Sounds like: "Am I really the right person for this assignment?"

Consider The Covenant

Looks like: Discerning alignment with the will of God and promptings of the Holy Spirit.

Sounds like: "Is this a matter of obedience, despite my reservations?"