



7 KEYS

TO
BEING MORE

FULLYALIVE

F R O M T H E

INSIDEOUT

How **ALIVE** Are You?

Are you tired of simply existing?

Or are you really living, **Fully Alive** in body, mind, and soul?

If you focus on the past, on your problems, or on the things that are outside of your control, you'll never enjoy being **Fully Alive**.

But you don't have to stay where you are now. Here are 7 important Keys to living **Fully Alive** that you CAN do something about. And if you do these things, I promise you will experience a measure of health, vitality, meaning, and joy that is more than you can imagine.

Score Yourself right now in each of these *7 Key Areas*, and discover where you can experience the **Fully Alive** kind of life you desire



1. Choose to Take Charge

No other human being cares as much – or can care as much – about your personal wellbeing as you do. You're pretty much about as happy and as healthy as you choose to be. No doctor, hospital, therapist, government, institution, pastor, or church can do for you what only you can do for yourself.

It's important that you make the choice, right now, to take responsibility for whatever is within your power to do – under God. [God wants you to do so.](#) After all, do you really want to let any other human being or institution decide how happy or healthy you will be today or tomorrow?

On a scale of 1-3, how determined are you to take charge of your personal wellbeing?





2. Nourish Your Body Well

Your body and your brain need a regular diet of healthy food and water. Stay away from the refined flour, processed meats, and packaged foods and drink that are full of chemicals. If it comes in a package, has a long list of ingredients, and has a long shelf life – it's processed.

[Focus on unprocessed food](#) – fruits and vegetables, unprocessed lean protein (lean meat, dairy products, nuts, legumes), and whole grains. Choose food that's closer to the way it started out in nature. Each week, choose one processed food and replace it with a less processed alternative until 80% of your diet is unprocessed food.



On a scale of 1-3, what is the quality of the nourishment you feed your physical body?

3. Feed Your Mind Well

Your mind needs regular nourishment just like your body does. That includes things such as stimulation, perspective, learning new things, inspiration, encouragement, intimacy, joy, peace, uplifting values, etc. Overindulging in entertainment or digital stimulation is like junk food; it dulls your mental hunger, but is not truly satisfying.

You're responsible for [finding the things that fill you up](#) and truly nourish your soul, and doing more of those things regularly. Search out inspiring books, podcasts, music, or online resources. Spend time in nature away from our hyper-connected digital lifestyle.

On a scale of 1-3, what is the quality of the nourishment you feed your mind?



4. Spend Time with Positive People

Not all relationships are the same. Some people leave you feeling drained, discouraged, and upset because of their negativity. Other people lift you up and leave you feeling stronger just by being in their presence. You have a choice about the kinds of people you spend most of your time with.

[Mentally review the people in your life](#), and notice how you respond to spending time with them. If you're short on "uplifters," take the initiative to find some! Invest more of your time with the people you want to be more like, who lift you up by being in their presence, and who are on their own journey to living Fully Alive.

On a scale of 1-3, what is the quality of the relationships you invest most of your time with?



5. Get Adequate Physical and Mental Rest

Rest comes in many forms. Neglecting to give your body, mind, and soul refreshing rest will leave you worn out in many ways, and you'll certainly not be living **Fully Alive**. Think about what drains you, and find ways to counter that in your rest.

If you spend your days around people, you may need time alone. If you spend long hours in mental work or at your computer, you may need physical exercise. If you're a caretaker of a family member or in your work, you may need time with friends or time to do something just for you. And [adequate sleep](#) keeps you happier and healthier in more ways than you may realize.

On a scale of 1-3, how consistent are you at giving your body and mind the rest they need?



6. Look for Opportunities to Serve Others

Navel-gazing always results in either pride or depression. If you focus primarily on what you can get out of life, from other people, and even from God, you'll never be satisfied. Your heart will become a stagnant stinky pool of water if you try to keep it all for yourself.

Find ways to let whatever you have flow out to others. There's something God put inside you that the world needs. Your satisfaction and fulfillment in life will overflow as you focus on giving what you have to others who need it. There is always someone else who needs something you have to give, whether large or small.

On a scale of 1-3, how regularly are you giving of yourself to others who need you?



7. Invest in Your Relationship with God

You can read the Bible for information or you can [read it for spiritual food](#). Bring the hungry places in your soul to God's Word and let Him speak into those places through Scripture. If you're not sure where to start, download the [free Bible app](#) on your smartphone and sign up for one of the many Bible reading plans available. Another good place to begin is with the Psalms or the Gospel of John.

[When you pray](#), don't make it a one-way conversation. When you come to prayer begin by laying out all your needs, emotions, hurts, joys, or anything else that's on your heart [in God's presence](#). Then stick around long enough to let your heart become still, and listen for His voice. He will meet you there.

On a scale of 1-3, how regularly are you investing in your personal relationship with God?



HOW FULLY ALIVE ARE YOU?

Add up your scores for the 7 Key Areas. You should have a number between 7 and 21. Record it here.

What Your Score Means

If your score is:

10 or less

RED ZONE: You're not living Fully Alive! But there's good news. Making relatively small positive changes in any of these areas right now is likely to result in a major improvement in your personal wellbeing right away!

11 to 16

YELLOW ZONE: You're doing OK in some areas, but there's room for improvement. Notice the areas in which you scored lower, and make some small changes in those specific areas. You've got still more living to do!

17 or greater

GREEN ZONE: Congratulations! You're experiencing much of the Fully Alive kind of life that God has available for you. Notice if there are some of these areas where you can still make improvements.

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