THE 5F FIELD GUIDE · 01 / 05

Faith

Dig Deep Health · Caleb Colona

The foundation. Every decision runs through your values and what you believe you were created for. Most people build their week around whatever is loudest that day. Nothing else on this list holds if the foundation moves first.

SELF ASSESSMENT

Where You Actually Stand

Five honest questions. Not a score to pass, a mirror to look into. Write your answer under each one.

1. **Do you have a set time each week when you are alone with God, no phone, no agenda?**

2. **Could you name the one belief that actually governs your decisions in a hard week?**

3. **When plans fall apart, do you have a place you go back to, or do you just react?**

4. **Has anyone outside your household actually confronted you about your character this year?**

5. **If someone watched your calendar for 30 days, would they know what you say you believe?**

PRACTICE

Three Ways to Move

Pick one. Write how it would look in your actual week, then do that version first.

1. Set a floor, not a ceiling

Build a weekly Sabbath rhythm, even a short one. A day you stop is worth more than a week of good intentions you never protect.

My version: _____

2. Name the anchor

Write down the one belief or verse you return to under pressure. Keep it somewhere you will actually see it, not just somewhere you filed it.

My version: _____

3. Get one honest voice

Find one person who can ask you the hard question and expects a real answer back. Faith that is never tested by another person stays theoretical.

My version: _____

This week

The one practice I am starting: _____

When (day and time): _____

Who will know I am doing it: _____

NEXT STEP

Want a plan built for the pattern that keeps restarting you? Take the free 3-minute Reset Assessment. You will get a 7-day plan by email, one small step a day.

digdeepstewardship.com/reset-assessment

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