GET YO' SELF *Together*

WHERE ARE YOU RIGHT NOW?

A Faith-Centered Life Rebuilding Assessment

GET CLEAR.

GET HONEST.

TAKE ONE FAITHFUL STEP.

Created by Ty Ziglar

One faithful step at a time.

Sister friend,

BEFORE WE TALK ABOUT WHAT'S NEXT...

Sometimes we get so focused on everything we haven't done that we forget to acknowledge everything we have done.

Before you start looking at what needs your attention, stop and look at the evidence.

Think about what you've overcome, what you've accomplished, what you've changed, and what God has already brought you through.

You may not be where you want to be yet—but that doesn't mean you haven't made progress.

THREE THINGS I'M PROUD OF:

1. _____
2. _____
3. _____

ONE THING I'VE OVERCOME THAT I DON'T GIVE MYSELF ENOUGH CREDIT FOR:

_____

_____

_____

> *"Don't let what's left make you forget what God has already helped you accomplish."*

NOW, LET'S GET HONEST.

Getting yourself together doesn't mean fixing everything at once. It starts with being honest about where you are, recognizing what's working, identifying what needs your attention, and deciding where to start.

Rate each area from 1–10:

1–3	4–6	7–8	9–10
Needs significant attention	There'swork to do	Doingwell, with room to grow	Strong and healthy

Don't overthink it. This isn't about judgment or perfection. It's about clarity.

FAITH & SPIRITUAL LIFE

01

Think about your relationship with God, prayer life, time in Scripture, connection to a church or faith community, and whether you're trusting God while also taking action.

MY RATING 1 2 3 4 5 6 7 8 9 10

WHAT'S GOING WELL?	What needs my attention?

FINANCES

02

Think about your budget, spending, debt, savings, credit, financial organization, and whether you know where your money is going and have a plan for where you want to go financially.

MY RATING 1 2 3 4 5 6 7 8 9 10

WHAT'S GOING WELL?	What needs my attention?

EMOTIONAL & MENTAL WELL-BEING

03

Think about how you're doing on the inside. Consider your stress, emotions, grief, hurt, fear, confidence, mindset, boundaries, and whether there are things you need to address or seek support for.

MY RATING 1 2 3 4 5 6 7 8 9 10

WHAT'S GOING WELL?	What needs my attention?

PHYSICAL HEALTH & WELLNESS

04

Think about your medical and dental care, movement, nutrition, sleep, energy, and how well you're caring for your body.

MY RATING 1 2 3 4 5 6 7 8 9 10

WHAT'S GOING WELL?	What needs my attention?

HOME & ENVIRONMENT

05

Think about your home and the environment around you. Consider clutter, organization, repairs, unfinished projects, paperwork, and whether your space supports the life you're trying to build.

MY RATING 1 2 3 4 5 6 7 8 9 10

WHAT'S GOING WELL?	What needs my attention?

FUTURE & VISION

06

Think about where you're going next. Do you have a vision for your next season? Consider your goals, career, income, relationships, personal growth, dreams, and possibilities you've been putting off or afraid to pursue.

MY RATING 1 2 3 4 5 6 7 8 9 10

WHAT'S GOING WELL?	What needs my attention?

MY REBUILDING SNAPSHOT

Faith & Spiritual Life

_____ / 10

Finances:

_____ / 10

Emotional & Mental Well-Being

_____ / 10

Physical Health & Wellness

_____ / 10

Home & Environment:

_____ / 10

Future & Vision:

_____ / 10

WHAT AM I PROUD OF AFTER LOOKING AT MY LIFE AS A WHOLE?

WHICH AREA NEEDS MY ATTENTION MOST RIGHT NOW?

You don't have to work on everything at once.

THE ONE AREA I AM CHOOSING TO FOCUS ON FIRST:

MY NEXT FAITHFUL STEP

What's ONE practical action I can take to begin moving forward in this area?

I will take this step by:

SEE IT. | PRIORITIZE IT. | CHOOSE ONE. | TAKE A STEP.

YOU DON'T HAVE TO DO IT ALONE.

Sister friend, you just did something important.

You stopped.

You looked at the evidence.

You got honest about where you are.

And you identified where you want to begin.

Now it's time to take the next step.

Getting yourself together doesn't mean doing everything yourself.

- [ ] Sometimes your next faithful step is making the appointment.
- [ ] Sometimes it's creating the budget.
- [ ] Sometimes it's having the conversation.
- [ ] Sometimes it's asking for help.
- [ ] And sometimes it's getting in a room with women who are ready to grow too.

Ty Ziglar
KEEP IT POPPIN

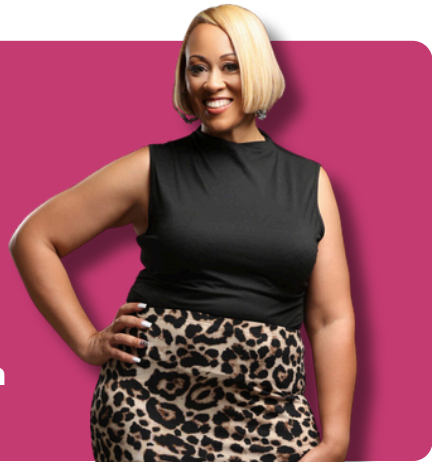
THE GET YO' SELF TOGETHER REBUILDING EXPERIENCE

A faith-centered, practical rebuilding experience for women who are ready for change, ready to get unstuck, willing to get honest about where they are, and ready to create a practical plan to move forward—while growing in a supportive community of like-minded women, one faithful step at a time.

READY TO KEEP GOING?

[PROGRAM LINK]

Website: www.tyziglar.com



You don't have to rebuild everything today. Just take the next faithful step.

You, my friend, are worth it.

— Ty Ziglar