



# Self-Care

This PASTOR'S GUIDE SHEET was developed by Dr. Joe K. Taylor, Senior Pastor, South Reno Baptist Church, Reno, NV • [joe@southreno.com](mailto:joe@southreno.com)  
 Scriptures are printed verbatim with references noted but highlights and underlines are added. Quotes and all primary sources are footnoted.

Here is a simple worksheet with some ***talking points*** on taking care of yourself:

<b>P</b>	<b>Prayer</b>	Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears if and not in the one who says it, our prayers do make a difference. - Dr. Max Lucado
<b>R</b>	<b>Read</b>	A capacity, a taste, for reading gives access to whatever has already been discovered by others. - Abraham Lincoln.
<b>E</b>	<b>Express</b>	The mouth is the orifice by which we drain the heart of its' stresses. Sometimes you can hurt yourself more than anyone can hurt you just by keeping all your feelings hidden. - Helen Keller.
<b>S</b>	<b>Schedule</b>	Time is at once the most valuable and the most perishable of all our possessions...You manage your schedule or your schedule will manage you. - John Randolph
<b>E</b>	<b>Exercise</b>	WOW! I really regret that workout." - No One, Ever.
<b>N</b>	<b>Nutrition</b>	Until you get your nutrition right nothing is going to change. - Anonymous
<b>T</b>	<b>Track/Eval</b>	We must 'plan our work' and 'work our plan.' At every turn, time-activate what you need to accomplish.... Then evaluate everything... Don't be afraid to make a change...or, increase <i>the margins in your life</i> ... Know what really matters, what doesn't, who to let in and who to let go of. - Tony Robbin