FREE MINIBOOK

The Rainbow Check-Up

Seven colors. One balanced life.
A 10-minute look at the seven areas of your life



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WELCOME

Busy is not the same as balanced

Most of us give our best hours to whatever shouts the loudest. Time with God, rest, our people, and our calling wait for a someday that never comes.

For decades I tried to organize my own life and kept dropping colors. I would get one area in order and watch another go dark. The rainbow finally gave me a picture I could live by.

Isaac Newton named seven colors in light passing through a prism. Brought back together, they make white light. Your life has seven areas too. Balance does not mean equal hours for each. It means every color is present.

How to use this book

1. Take the Check-Up on pages 4 and 5. Be honest; no one is grading you.
2. Fill in your scores on page 6 and circle your lowest color.
3. Read that color's page and take its one small step.
4. Use the Accountability Chart on page 15 for the next week.

Plan on about ten minutes. Then watch your inbox: one short color email a day for seven days.

THE SEVEN COLORS

ROYGBIV: seven areas of life

Red is the WHY and powers the rest. Read the colors in order: your spiritual life shapes how you organize, care for yourself, use your gifts, think, relate, and serve.

Red	Spiritual health	**the WHY**
Orange	Organizing space and time	**the WHAT**
Yellow	Physical health	**the WHO**
Green	Gifts and finances	**the WHERE**
Blue	Mental and emotional (ME) health	**the WHEN**
Indigo	Individuals and relationships	**the HOW**
Violet	Volunteer service	**the OVERFLOW**

White is all seven together: balance. A rainbow is really a full circle. From the ground, the horizon hides half of it. God sees the whole ring.

THE RAINBOW CHECK-UP · PART 1

Rate each statement

1 = not true for me yet · 3 = sometimes · 5 = true most weeks. Circle a number.

Red: Spiritual health

I meet with God early, before the day meets me.	1 2 3 4 5
I know why I do what I do, and my motives fit my faith.	1 2 3 4 5
Someone I trust holds me accountable in my walk with Christ.	1 2 3 4 5

Red total: _____ / 15

Orange: Organizing space and time

My week has time blocked for what matters most, not just what is urgent.	1 2 3 4 5
I can find the paper or file I need in under two minutes.	1 2 3 4 5
My home supports my life instead of draining it.	1 2 3 4 5

Orange total: _____ / 15

Yellow: Physical health

I sleep enough most nights to wake up rested.	1 2 3 4 5
I move my body on purpose at least three times a week.	1 2 3 4 5
I take short breaks instead of pushing through for hours.	1 2 3 4 5

Yellow total: _____ / 15

Green: Gifts and finances

I know my gifts and use them most weeks.	1 2 3 4 5
I track my spending and giving each month.	1 2 3 4 5
My work feels like stewardship, not just a paycheck.	1 2 3 4 5

Green total: _____ / 15

Blue: Mental and emotional (ME) health

I notice my thoughts and feelings before they run my day.	1 2 3 4 5
I have healthy boundaries and can say no without guilt.	1 2 3 4 5
I can name what God is calling me toward in this season.	1 2 3 4 5

Blue total: _____ / 15

Indigo: Individuals and relationships

I have real conversations with people who know me.	1 2 3 4 5
I am part of a small group where I grow with others.	1 2 3 4 5
When a relationship is strained, I take steps to repair it.	1 2 3 4 5

Indigo total: _____ / 15

Violet: Volunteer service

I serve others in a regular, planned way.	1 2 3 4 5
I share my time, talents, and resources freely.	1 2 3 4 5
I know what I want to leave behind for the next generation.	1 2 3 4 5

Violet total: _____ / 15

Add it up. Each color totals between 3 and 15. Copy your totals to the next page.

YOUR RESULTS

Your Rainbow score

Shade each row up to your total. The shortest bar is your starting color.

Red	3	4	5	6	7	8	9	10	11	12	13	14	15
Orange	3	4	5	6	7	8	9	10	11	12	13	14	15
Yellow	3	4	5	6	7	8	9	10	11	12	13	14	15
Green	3	4	5	6	7	8	9	10	11	12	13	14	15
Blue	3	4	5	6	7	8	9	10	11	12	13	14	15
Indigo	3	4	5	6	7	8	9	10	11	12	13	14	15
Violet	3	4	5	6	7	8	9	10	11	12	13	14	15

12–15 This color is shining. Keep it up.
8–11 Present, but flickering. One small change will help.
3–7 This color is going dark. Start here.

My lowest color is: _____

One reason it matters to me:

RED · THE WHY

Spiritual health

Your real energy comes from God. Red is your relationship with the Father, Jesus Christ, and the Holy Spirit living in you. Motives matter, so Red comes first.

> *"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."*
> Matthew 6:33 (KJV)

When the day starts before you meet with God, everything else runs on your own power. You get busy, then empty.

One small step: Set a 10-minute appointment with God for tomorrow morning. Write it on your calendar in red.

The 7 steps in the Red course

1. Define your why
2. Meet early with Jesus
3. Check your motives
4. Integrate who you are and what you do
5. Find an accountability partner
6. Do a yearly spiritual checkup
7. Live from the overflow of His presence

Reflect

What would change this week if Red were shining?

Go deeper: rainboworganizer.com/red-spiritual

ORANGE · THE WHAT

Organizing space and time

Like the sections of an orange, a life has parts. Organizing is half the battle. Orange is your calendar, your paperwork, your files, and your home.

> *"Let all things be done decently and in order."*
> 1 Corinthians 14:40 (KJV)

Without a plan for time and space, the urgent wins every day. Clutter on the desk becomes clutter in the mind.

One small step: Color-code one day on your calendar this week using the seven colors.

The 7 steps in the Orange course

1. Name your time and space priorities
2. Color-code your calendar
3. Leave room for God interruptions
4. Balance people and projects
5. Sort paperwork and computer files
6. Care for your home and property
7. Review weekly and reset

Reflect

What would change this week if Orange were shining?

Go deeper: rainboworganizer.com/orange-organize

YELLOW · THE WHO

Physical health

Yellow is you caring for your body: sleep, food, movement, and rest. Your body is where God's Spirit lives, so caring for it is not selfish.

> *"Know ye not that your body is the temple of the Holy Ghost which is in you?"*
> 1 Corinthians 6:19 (KJV)

When you push through without breaks, you burn the fuel you need for everything else.

One small step: Take one 10-minute intentional break today. Walk, stretch, or step outside.

The 7 steps in the Yellow course

1. Respect your body as a temple
2. Sleep 7 to 8 hours
3. Move with purpose
4. Eat for energy
5. Take intentional breaks
6. Limit overfocus to one hour
7. Make it consistent

Reflect

What would change this week if Yellow were shining?

Go deeper: rainboworganizer.com/yellow-physical

GREEN · THE WHERE

Gifts and finances

Green is growing your gifts of time, talents, and treasures. What is the 5% that only you can do? Green is also how you track, budget, and give.

> *"As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God."*
> 1 Peter 4:10 (KJV)

Unused gifts and untracked money both leak away. You end up working hard in the wrong field.

One small step: Write down three things people often thank you for. Those are clues to your gifts.

The 7 steps in the Green course

1. Discover your gifts
2. Find your 5%
3. Grow the seed
4. Invest time where you are gifted
5. Track spending and giving
6. Budget with purpose
7. Give generously

Reflect

What would change this week if Green were shining?

Go deeper: rainboworganizer.com/green-gifts

BLUE · THE WHEN

Mental and emotional (ME) health

Blue is ME: my mind and emotions. It is learning to listen to your thoughts and feelings, set healthy boundaries, and take every thought captive.

> *"Bringing into captivity every thought to the obedience of Christ."*
> 2 Corinthians 10:5 (KJV)

Untended thoughts become triggers. Without boundaries, other people's urgencies set your agenda.

> **One small step:** Write down one thought that keeps bothering you. Next to it, write what God says is true.

The 7 steps in the Blue course

1. Listen to ME
2. Name your thoughts and feelings
3. Take every thought captive
4. Set healthy boundaries
5. Rewire one habit
6. Clarify God-given aspirations
7. Practice peace in the process

Reflect

What would change this week if Blue were shining?

Go deeper: rainboworganizer.com/blue-me

INDIGO · THE HOW

Individuals and relationships

Indigo values individuals, because we do not grow in isolation. It is family, friends, small groups, and the people God puts in your path.

> *"Two are better than one; because they have a good reward for their labour."*
>
> Ecclesiastes 4:9 (KJV)

Busy people drift into isolation. Small hurts left alone grow into broken connections.

> **One small step:** Call or message one person today just to ask how they are doing.

The 7 steps in the Indigo course

1. Value individuals
2. Connect in person, by phone, and online
3. Join a MicroGroup
4. Listen first
5. Repair what is broken
6. Pray for others
7. Keep connections growing

Reflect

What would change this week if Indigo were shining?

Go deeper: rainboworganizer.com/indigo-relationships

VIOLET · THE OVERFLOW

Volunteer service

Violet is volunteering: the overflow. When the other colors are healthy, you have time, talents, and resources to give away. Service is what outlives you.

> *"By love serve one another."*
> Galatians 5:13 (KJV)

When life is out of balance, there is nothing left to give. Or you give so much that the other colors go dark.

> **One small step:** Name one team or person you could serve this month, and one hour you could give.

The 7 steps in the Violet course

1. Identify what you have been given
2. Choose where to serve
3. Share time
4. Share talents
5. Share resources
6. Let go so others grow
7. Leave your lasting legacy

Reflect

What would change this week if Violet were shining?

Go deeper: rainboworganizer.com/violet-volunteer

WHITE · ALL TOGETHER

When all seven colors shine

> *“I do set my bow in the cloud, and it shall be for a token of a covenant between me and the earth.”*
>
> Genesis 9:13 (KJV)

The rainbow was God’s promise to Noah. From the ground we only see half of it. From above, the rainbow is a full circle, and John saw “a rainbow round about the throne” (Revelation 4:3).

Your life is like that. Some weeks you see only a few colors. God sees the whole circle, and He keeps His promises.

The plan

1. Take the Check-Up. *(Done!)*
2. Start with your lowest color.
3. Add one color at a time until all seven shine.

Time management is more about priorities than finding time. Today is a present. Let go of yesterday’s guilt and take the next right step.

YOUR NEXT SEVEN DAYS

Rainbow Accountability Chart

Write one goal per color. Check each day you did something for it, even something small.

	Goal	S	M	T	W	R	F	S
R								
O								
Y								
G								
B								
I								
V								

This week's priorities

90 days: sensing God's call

WHAT COMES NEXT

Keep the colors shining

Watch your inbox. For the next seven days you'll get one short email a day, one color at a time, with a verse and one small step.

Take a 7-step course. Each color has its own course: 10 minutes a day for 21 days, built on the WHAT, the WHY, and the HOW.

Join the Rainbow Membership. All seven courses, a White capstone that puts your whole week together, and a monthly live group session. Founding members save 20%.

rainboworganizer.com/membership

> *"Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost."*
>
> Romans 15:13 (KJV)

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