

SOUL CARE

Your soul isn't the most important part of you.
It **IS** you and includes your mental, spiritual
and emotional health.

HOW IS MY SOUL?

I NEED HELP

- Mostly bad days
- Isolated
- Overwhelmed
- Negative Self-Talk
- Lost Motivation

I AM STRUGGLING

- More bad days than good
- Tired/Fatigued
- Beginning Unhealthy Coping
- Losing Motivation

I AM OK

- More good days than bad
- Stable Energy
- Stable Emotions
- Content
- Stable Motivation

I AM GREAT

- Mostly good days
- Energized
- Enthused
- Positive Self-Talk
- Highly Motivated

QUESTIONS TO ASK MYSELF

How am I today? Place yourself on the continuum below.

What has contributed to my current state?
Who could I share my current state with today?
What can I start doing today to care for my soul?

FOUR CHECKPOINTS OF SOUL CARE

1. GOD

TIME WITH GOD - BIBLE & PRAYER

2. OTHERS

TIME WITH OTHERS - COMMUNITY & SERVING

3. SELF

TIME WITH MYSELF - SILENCE & SOLITUDE

4. CREATION

TIME WITH CREATION - REFLECTION & PRAISE

HEALTHY RHYTHMS

Establishing healthy rhythms to care for ***your*** soul.

Consistent Sleep • Regular Exercise
Nourishing Diet (Plenty of Water) • Daily Bible & Prayer
Establish a Sabbath • Engage in Community
Practice Gratitude • Live Generously



*"Guard your heart (soul) above all else,
for it determines the course of your life."*

- Proverbs 4:23 (NLT)

