

SELF-CARE WORKSHEET

It's helpful to take a moment and reflect on how our own self-care is going.

RATE YOUR QUALITY OF SELF-CARE THIS WEEK



SAD ····· OKAY ····· BETTER

BODY



SAD ····· OKAY ····· BETTER

RELATIONSHIPS



SAD ····· OKAY ····· BETTER

SOUL

Our bodies, relationships and soul are all important parts of our wellbeing. Let's look closer at a part of our soul care. Which of these best describes you?

I'm following Jesus with my whole life. I hope my friends encounter God, too.

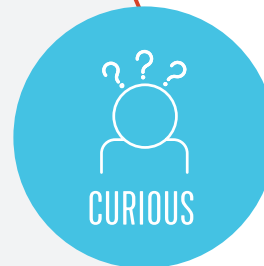


FOLLOWING



TRUST

I try to value all kinds of people, but I don't usually trust Christians. I have a hard time trusting God.



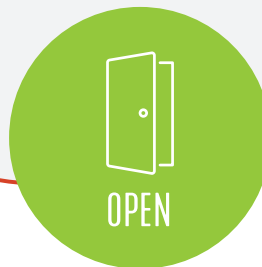
CURIOUS

I'm curious about how other people see and experience the world.

I'm searching for deeper meaning. Could Jesus be worth following?



SEEKING



OPEN

I'm open to seeing if God can meet a need in my life.

Share about your self assessment.

The more honest we can be with each other, the more we all learn about spiritual growth.