

WHOLE SELF CHECK-IN TOOL

Have you checked in with yourself recently? How are you doing? That's not always an easy question to reflect on and answer - people are complicated!! The Bible talks about how we have different parts that make us who we are - heart/emotions, soul, mind and strength/physical body.

Take some time to pause and be curious about each of those areas of your whole self - it might help to rate how you feel you are doing in each area on a scale of 1-5 by colouring in the stars below.

Then ... talk to God about it... As you invite God into each area of your life and share honestly with Him about how you feel, what comes to mind? What might He be wanting to reveal to you?

Are you surprised by what He says?

“ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

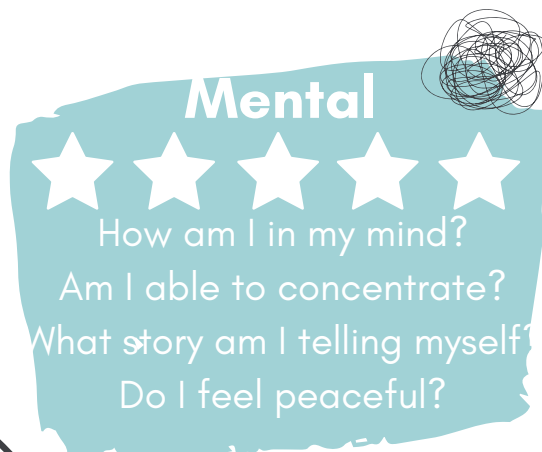
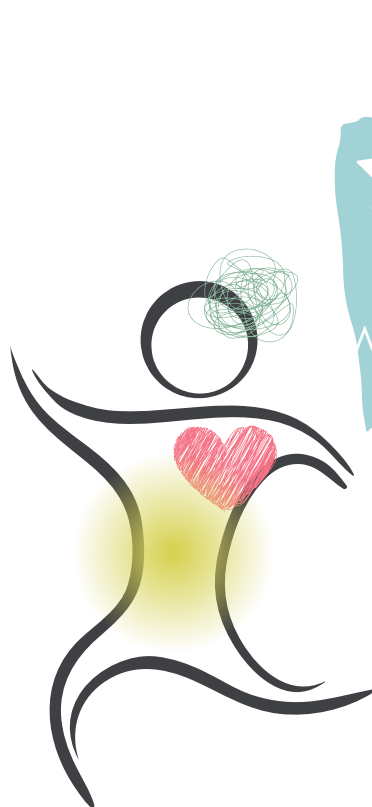
Mark 12:30



Emotional

★ ★ ★ ★ ★

How do I feel?
Do I feel steady?
Do I engage my emotions?
Do I ignore them?



Mental

★ ★ ★ ★ ★

How am I in my mind?
Am I able to concentrate?
What story am I telling myself?
Do I feel peaceful?



Spiritual

★ ★ ★ ★ ★

How am I doing spiritually?
Do I feel connected to God?
Do I take time to be still?
What sharpens me?



Physical

★ ★ ★ ★ ★

How do I feel?
Am I sleeping well?
Am I eating well?
Do I exercise?

