

SOUL CARE PLAN



WHAT ARE YOUR GROWTH GOALS FOR THE NEXT SEASON?

1. _____
2. _____
3. _____

PLANS BEAT GOALS EVERY TIME. WHAT ARE YOU GOING TO DO TO ACCOMPLISH THESE GOALS?

What books am I going to read?

- 1.
- 2.
- 3.

What events will I attend?

- 1.
- 2.
- 3.

What podcasts will I listen to?

- 1.
- 2.
- 3.

What will I join?

- 1.
- 2.
- 3.

What relationships will I pursue?

- 1.
- 2.
- 3.

Where else will I invest my time?

- 1.
- 2.
- 3.



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What should I **STOP** doing?



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What should I **KEEP** doing?



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What should I **START** doing?

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PLANS BEAT GOALS EVERY TIME. WHAT ARE YOU GOING TO DO TO ACCOMPLISH THESE GOALS?

Areas of Prayer Focus

- 1.
- 2.
- 3.

Scripture Reading

- 1.
- 2.
- 3.

Journing, silence, solitude, personal retreat

- 1.
- 2.
- 3.

personal/professional Development

- 1.
- 2.
- 3.

Rest and Sabbath?

- 1.
- 2.
- 3.

Self-Care/physical and emotional health

- 1.
- 2.
- 3.

Creative Expression?

- 1.
- 2.
- 3.

community, local, and overseas missions

- 1.
- 2.
- 3.



What should I **STOP** doing?



What should I **KEEP** doing?



What should I **START** doing?