

HOW'S YOUR SOUL?

EMOTIONALLY

Which words would you use to describe this area of your soul today?
Choose 3–5.

Which words do you feel God wants you to move toward?
Choose 1–2

WORDS TO DESCRIBE YOUR SOUL

Frayed	Depressed	Anxious	Playful
Numb	Hopeful	Irritable	Overwhelmed
Insecure	Joyful	Empathetic	Peaceful
Frightened	Angry	Grieving	Exposed
Happy	Thankful	Hopeless	Loving

You may choose one of your own words as well.

What is flowing well in this stream of life?

What is obstructing or challenging the flow in this area of life?

What do you desire for this stream of your life? Be specific.

HOW'S YOUR SOUL?

MENTALLY

Which words would you use to describe this area of your soul today?
Choose 3–5.

Which words do you feel God wants you to move toward?
Choose 1–2

WORDS TO DESCRIBE YOUR SOUL

Conflicted	Curious	Foggy	Restless
Exhausted	Stimulated	Scattered	Indecisive
Learning	Stretched	Resilient	Distracted
Focused	Forgetful	Overstimulated	Compulsive
Discerning	Confident	Lustful	Content

You may choose one of your own words as well.

What is flowing well in this stream of life?

What is obstructing or challenging the flow in this area of life?

What do you desire for this stream of your life? Be specific.

HOW'S YOUR SOUL?

PHYSICALLY

Which words would you use to describe your soul in this area today?
Choose 3–5.

Which words do you feel God wants you to move toward?
Choose 1–2

WORDS TO DESCRIBE YOUR SOUL

Exhausted	Compromised	Worried	Strong
Fragile	Rested	Tired	Drained
Lethargic	Active	Energetic	Vulnerable
Healthy	Confident	Discouraged	Tireless
Resilient	Unhealthy	Vigorous	Overworked

You may choose one of your own words as well.

What is flowing well in this stream of life?

What is obstructing or challenging the flow in this area of life?

What do you desire for this stream of your life? Be specific.

HOW'S YOUR SOUL?

RELATIONALLY

Which words would you use to describe this area of your soul today?
Choose 3–5.

Which words do you feel God wants you to move toward?
Choose 1–2

WORDS TO DESCRIBE YOUR SOUL

Abandoned	Connected	Misunderstood	Disappointed
Isolated	Resentful	Concerned	Present
Valued	Betrayed	Known	Excluded
Jealous	Vulnerable	Discouraged	Loved
Disengaged	Accepted	Empathetic	Compassionate

You may choose one of your own words as well.

What is flowing well in this stream of life?

What is obstructing or challenging the flow in this area of life?

What do you desire for this stream of your life? Be specific.

HOW'S YOUR SOUL?

SPIRITUALLY

Which words would you use to describe this area of your soul today?
Choose 3–5.

Which words do you feel God wants you to move toward?
Choose 1–2

WORDS TO DESCRIBE YOUR SOUL

Flourishing	Ashamed	Peaceful	Trusting
Indifferent	Loving	Disillusioned	Seeking
Aware	Dry	Awake	Passionate
Confused	Fruitful	Disappointed	Confused
Joyful	Inspired	Rejected	Weary

You may choose one of your own words as well.

What is flowing well in this stream of life?

What is obstructing or challenging the flow in this area of life?

What do you desire for this stream of your life? Be specific.

HOW'S YOUR SOUL?

VOCATIONALLY

Which words would you use to describe this area of your soul today?
Choose 3–5.

Which words do you feel God wants you to move toward?
Choose 1–2

WORDS TO DESCRIBE YOUR SOUL

Burnout	Content	Busy	Fulfilled
Overwhelmed	Concerned	Thriving	Unsatisfied
Indifferent	Confident	Inspired	Disappointed
Confused	Passionate	Bored	Exploring
Optimistic	Eager	Disillusioned	Energized

You may choose one of your own words as well.

What is flowing well in this stream of life?

What is obstructing or challenging the flow in this area of life?

What do you desire for this stream of your life? Be specific.