

The Six Month Soul Check

The Real Answer – Just One Word

Open your journal, Write today's date, then answer each of these prompts with every first things that comes to mind. Not the right answer, not the spiritual answer, not the answer you give if someone from church was reading over your shoulder. The real answer, just one word

Your word ...

My heart feels

My body feels

My faith feels

The relationship that needs attention is

The thing I have been avoiding is

The things I am most grateful for from January to now is

The thing I need to grieve that I have not grieved is

The prayer I keep praying is

The prayer I have stopped praying is

The woman I am becoming is

