



Mohawkmomma
STUDIO
"Rest is part of the program"

Growth & Bloom

SOULutions Worksheet

Before diving into this PDF, understand the "why" behind this soul care exercise and make sure you read the blog. (Click link below)

circle the descriptions that currently or potentially describe you, whether healthy or unhealthy.

faith

What are you believing?

Healthy: confidence, determination and resolve, sharper perception, courage, abundance

Unhealthy: confusion, self-blame, difficulty concentrating, intrusive thoughts, difficulty making decisions, scarcity

work

What is your work context?

friendships

Who are your core friends?

Healthy: connected and accepted

Unhealthy: withdrawal, interpersonal conflict, dissociation, treating others as a means to an end, blur the lines between transactions and intimacy

learning

What are you newly learning?

have an additional area?

Healthy:

Unhealthy:

Healthy: mobilized, supported, involved, hope, encouraged, challenged, nurtured, stable, joy, love, excited

Unhealthy: sorrow, grief, fear, anger, numb, irritability, guilt, shame, anxiety, abandonment, outbursts, overwhelm, fight-or-flight

Healthy: gratitude, wonder, assurance, increased desire for community, growing in a grace that increases trust in the Lord, celebration, taking breaks, deeper emotional connection with God/self/others

Unhealthy: fatigue, loss of appetite, headache, muscle tension, exaggerated startle response, sleep deprivation, increased heart rate