

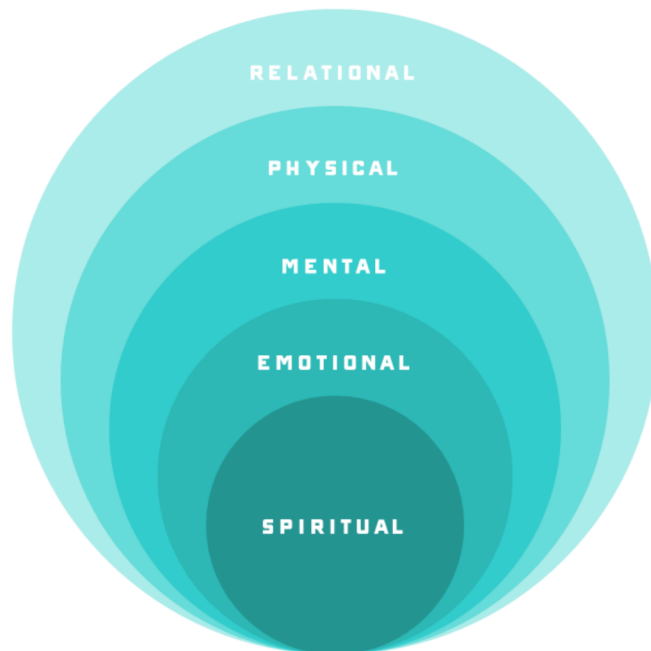
5-LAYER CHECK-IN

"Now may the God of peace make you holy in every way, and may your whole spirit & soul & body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful."

- 1 Thessalonians 5:23-24 NLT

- Right now, how would you rate your health (holiness & wholeness) from 1-5 in each of these five layers? Color in the circles that represent your scores.

- 1 = Neglect, 5 = Thriving



1 — 2 — 3 — 4 — 5



1 — 2 — 3 — 4 — 5



1 — 2 — 3 — 4 — 5



1 — 2 — 3 — 4 — 5



1 — 2 — 3 — 4 — 5

GROWTH GOALS

What is one way you would like to grow in each of these layers? Creating goals will help you intentionally grow in holiness and wholeness. Be sure to include both doing goals (action) and being goals (presence).

DOING + BEING = BECOMING

- Write down one growth goal next to each layer. Pray and invite the Holy Spirit to give you wisdom and empowerment to complete each goal.

SPIRITUAL GOAL:

EMOTIONAL GOAL:

MENTAL GOAL:

PHYSICAL GOAL:

RELATIONAL GOAL: