

WHOLE SELF CHECK-IN TOOL

'Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'

Mark 12:30

Have you checked in with yourself recently? How are you doing? That's not always an easy question to reflect on and answer - as people we are intricate and complex!!

In the bible verse above we read ancient wisdom that reminds us of that complexity as it names different aspects of our whole selves: our heart - our emotional life, our soul - our spiritual life, our mind - our mental thought life and our strength - our physical bodies.

In Psalm 139, we read of how we are knitted together in the womb by a loving God who weaves all of those parts of us together. As we have been able to learn more about our brains and our central nervous systems - science is helping us to understand that in a greater depth as we discover more and more of how those parts of ourselves intertwine. If we are going to care well for ourselves - we need to consider our whole selves.

Take some time to pause and be curious about each of those areas of your whole self - it might help to rate how you feel you are doing in each area on a scale of 1-5 by colouring in the stars below.

Then ... talk to God about it... As you invite God into each area of your life and share honestly with Him about how you feel, what comes to mind? What might He be wanting to reveal to you? Are you surprised by what He says?

Emotional



How do I feel?
Do I feel steady?
Do I engage my emotions?
Do I ignore them?

Spiritual



How am I doing spiritually?
Do I feel connected to God?
Do I take time to be still?
What sharpens me?

Mental



How am I in my mind?
What story am I telling myself?
Am I able to concentrate?
Do I feel peaceful?

Physical



How do I feel?
Am I sleeping well?
Am I eating well?
Do I exercise?

Living Well

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