

SOUL CARE

COMPLETE THE HEALTH SNAPSHOT *(extra document)*
Honestly place an "X" on the line that reflects where you are right now.
Be brutally honest with yourself. If a statement doesn't apply to you, just skip it.

1. **From the Health Snapshot,** share with the group one area where you feel like you are winning and thriving. And, share one area that needs greater attention and focus.

2. **Share** one defining moment that changed the trajectory of your life.

3. **If we could** peer into your soul today, what would we find?
   Share what is going on inside of you, beneath the surface.

4. **What is** the difference between selfishness and self-care?

5. **What is one area** where you need to do a better job of self-care?

6. **Think about** your family of origin.
   What is one positive thing that was passed down to you from your family of origin? And, what is one negative thing from your family of origin that has impacted you?