



Soul-Body Health Checklist

This checklist of foundational soul-body health habits will help you begin to “examine yourself to see if you are in the faith” with respect to your health. Assess yourself honestly before God...as you do, allow Him to fill you with hope to be healthy and pain-free!

	Mostly	At Times	Never
MIND: HOW I THINK			
I think about what is true, right, pure, lovely, and excellent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think God’s will for me is to prosper and be in health as my soul prospers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EMOTIONS: HOW I RESPOND TO EVENTS			
I am quick to listen, slow to speak, and slow to grow angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am quick to forgive when others hurt me or do wrong by me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WILL: MY DAILY LIFE CHOICES			
I am intentional about what I choose and don’t just let things happen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I feel stressed, I stop and seek God for my next best choice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BODY: HOW I CARE FOR IT			
I choose healthy, well-prepared foods over convenient, processed foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I drink at least eight glasses of water in a day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get the proper amount of sleep for my age.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>