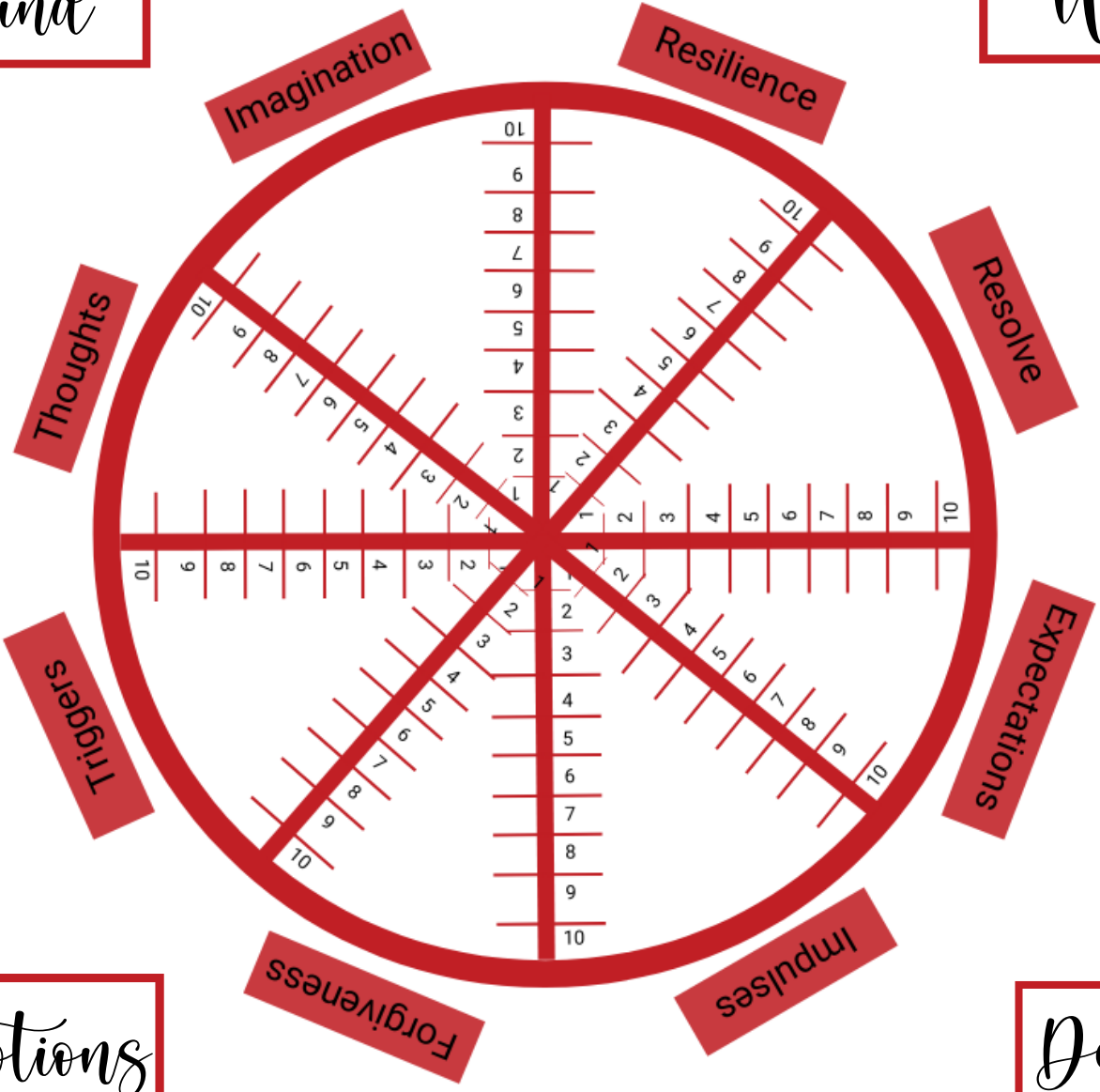
Soul

Action Sheet

Soul Assessment Circle

Mind

Will



Emotions

Desires

Turn to the next page and answer the questions to complete the soul assessment.

Soul Action Sheet

Soul Assessment Circle

Go through the statements and respond to each one with a 1 being not very good and a 10 being brilliant!!

Mind

Thoughts — I can control your thoughts. My thoughts are healthy and helpful to me.

Imagination — I use my imagination to frame up positive pictures and ideas about my life and my future.

Will

Resilience — I am strong and bounce back quickly to disappointments and hard times in my life.

Resolve — When I make up my mind to do something I'll follow it through till it's done.

Desires

Expectations — I can let go of my expectations of others and myself and accept what I have and who I am.

Impulses — I am not an impulsive person I can delay gratification of my desires.

Emotions

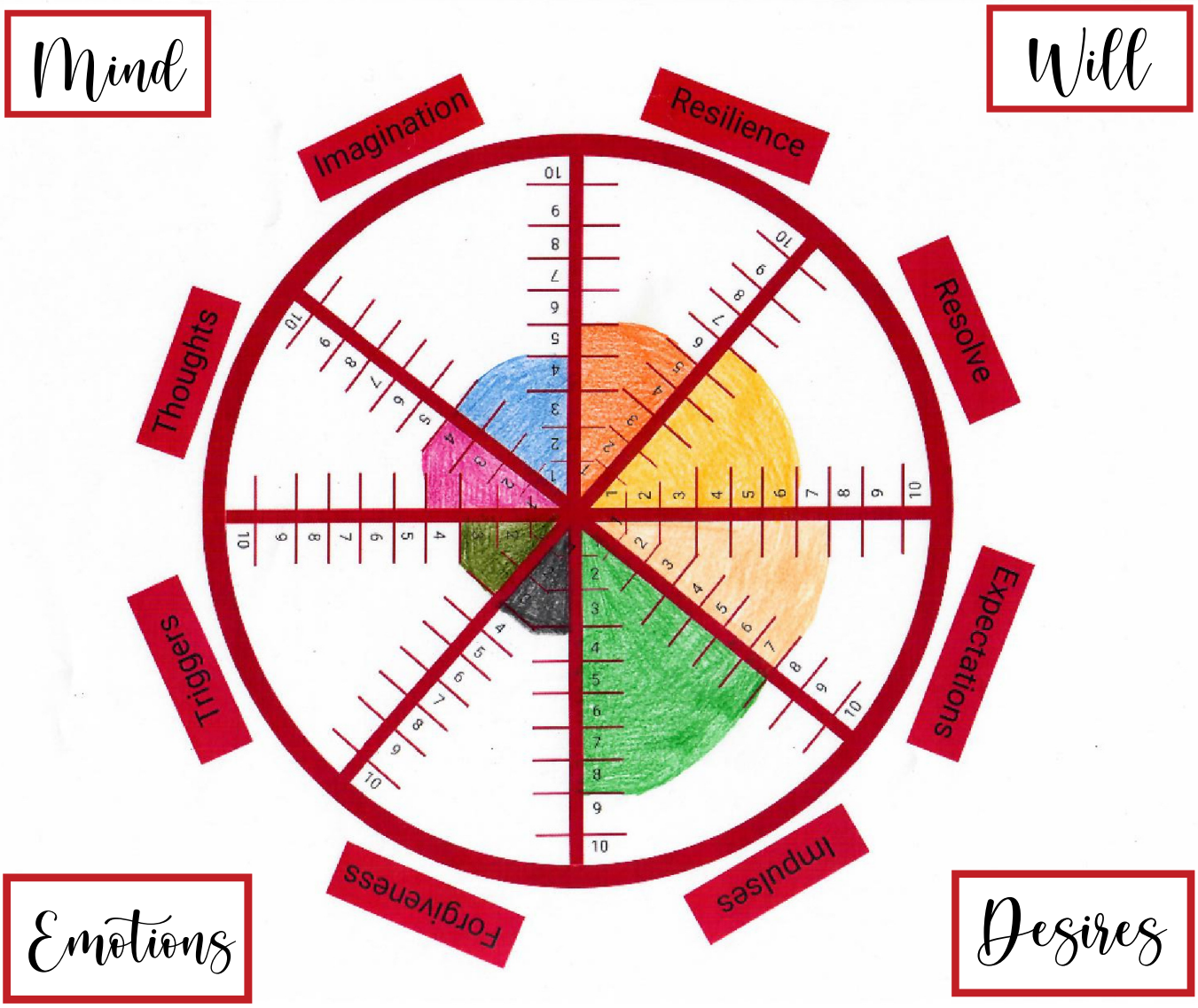
Forgiveness — I find it easy to forgive others and myself. I can forgive and move on from the experience and not hold on to unforgivenes.

Triggers — I am not easily triggered. I can control my reactions when I feel someone has offended me or hurt me.

Soul Action Sheet

Example of a completed Soul Assessment Circle

I made this one up!! It's no reflection of anyone I know or you mght know!!



The Soul Assessment Circle provides a visual picture of the strengths and weaknesses in your soul.

Like me you probably have some areas you can work on 😉

That's the whole idea of doing this so you can see where the weaknesses are make a plan for getting stronger in your soul.