

# SOUL CARE

Your soul isn't the most important part of you.  
It **IS** you and includes your mental, spiritual  
and emotional health.

## HOW IS MY SOUL?

### I NEED HELP

- Mostly bad days
- Isolated
- Overwhelmed
- Negative Self-Talk
- Lost Motivation

### I AM STRUGGLING

- More bad days than good
- Tired/Fatigued
- Beginning Unhealthy Coping
- Losing Motivation

### I AM OK

- More good days than bad
- Stable Energy
- Stable Emotions
- Content
- Stable Motivation

### I AM GREAT

- Mostly good days
- Energized
- Enthused
- Positive Self-Talk
- Highly Motivated

## QUESTIONS TO ASK MYSELF

How am I today? Place yourself on the continuum below.

- What has contributed to my current state?
- Who could I share my current state with today?
- What can I start doing today to care for my soul?