



# Praxis

## SOUL CARE AUDIT

Compiled by the Leadership Transformations Team

It is good for the soul to periodically take stock of how well you're noticing, feeding, strengthening, and restoring your journey with God.

Consider the following aspects of spiritual growth and development as you inventory and reflect upon the state of your soul.

**1. Self-Care: Without feeling guilty, I freely take time to care for my whole self – heart, soul, mind, and body.**

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

a. Pace of life: My pace of life is manageable, engaging my gifts and abilities with diligence but with enough margin left over to maintain a balanced lifestyle – as opposed to feeling perpetually overtaxed and strung out.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

b. Physical health: I steward the care of my physical body as the temple of the Holy Spirit – eating well, exercising, resting.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

c. Self-awareness: I am present to and able to articulate what is going on inside of me.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

What is my current state?

What is my preferred / future state?

Where? When? What? How?

**2. Silence and solitude: I have opportunities to experience on a regular basis the simplicity of silence and solitude.**

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

What is my current state?

What is my preferred / future state?

Where? When? What? How?

**3. Sabbath rest: I make sure there's time each week to cease from what I normally do as "work" (labor at home and in the marketplace) in order to pursue rejuvenating Sabbath like rest.**

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

What is my current state?

What is my preferred / future state?

Where? When? What? How?

**4. Space to be with God: I create sacred space and time where I regularly meet with God, spending time in the Scriptures, prayerfully focusing on God's gracious love and forgiveness, and listening for his voice of direction.**

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

a. Biblical reflection: I spend time in the Scriptures, regularly allowing God's Word to shape me and be a light to my path.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

b. Prayerful reflection: I take time to converse with God in authentic, conversational, and transparent dialogue about my inner life and experiences as well as petitions for the needs of others.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

c. Personal reflection: I practice the discipline of reflection and remembrance, giving specific attention to noticing where, when, and how I'm experiencing an abundant life with God – both in blessing and in suffering.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

What is my current state?

What is my preferred / future state?

Where? When? What? How?

**5. Emotional well-Being: I have the capacity to experience appropriate expression of the full range of my emotions, including sorrow and lament, anger and grief, joy and laughter.**

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

a. Joy factor: I experience joy in my life and delight in the gift of laughter to lighten my spirit and add to the joy of relationships and responsibilities.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

b. Confession: I have opportunity to come face-to-face with my brokenness and give voice to my ongoing need for a Savior and his grace, forgiveness, and healing touch.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

c. Forgiveness: I seek the forgiveness of others when I hurt or disappoint them, causing them to suffer or stumble, and strive for peace and harmony in my relationships.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

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What is my preferred / future state?

Where? When? What? How?

6. Soul Friendship: I have at least one friendship, in which we share the deepest places in our hearts, both darkness and light, and mutually encourage each other in the love of God.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

What is my current state?

What is my preferred / future state?

Where? When? What? How?

7. Spiritual Direction: I meet with a spiritual companion or mentor who helps me listen more attentively to God and nurture the condition of my soul.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

What is my current state?

What is my preferred / future state?

Where? When? What? How?

8. Spiritual community: I am active in the life of a church community, sharing in worship, teaching, fellowship and outreach.

Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree

What is my current state?

What is my preferred / future state?

Where? When? What? How?

9. Soul hospitality: I am generous of spirit toward others in the midst of the demands of daily life and ministry.

Strongly Disagree    Disagree    Not Sure    Agree    Strongly Agree

a. Spiritual pathways: I appreciate the various ways God opens the soul and encourage others to pursue them too – ways to inspire awe, worship, and response, i.e. the beauty of creation, ritual and symbol, solitude, activism, intellectual study, caregiving, contemplation, trusted relationships, celebration, and the engagement of the senses.

Strongly Disagree    Disagree    Not Sure    Agree    Strongly Agree

b. Service to others: I serve – in both word and deed – the needs of others, believers or non-believers, through the use of my gifts and abilities and for the betterment of others.

Strongly Disagree    Disagree    Not Sure    Agree    Strongly Agree

c. Generosity: I generously contribute finances to my church, community, and other ministries for whom I desire to help further their mission to the world.

Strongly Disagree    Disagree    Not Sure    Agree    Strongly Agree

What is my current state?

What is my preferred / future state?

Where? When? What? How?

10. Rule of Life: I regularly and prayerfully review my commitment to intentional rhythms and relationships that help me live in obedience to God's call on my life.

Strongly Disagree    Disagree    Not Sure    Agree    Strongly Agree

What is my current state?

What is my preferred / future state?

Where? When? What? How?