



Peace After Church Hurt

12-Week Premium Fillable Workbook

Power of a Sound Mind Coaching LLC

A Path to Peace. A Life of Purpose.



Week 1

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes

Week 2

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes



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Week 3

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes

Week 4

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes



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Week 5

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes

Week 6

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes



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Week 7

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes

Week 8

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes



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Week 9

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes

Week 10

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes



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Week 11

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes

Week 12

Scripture Reflection

Reflection

Prayer Journal

Action Step

Progress Notes

Final Commitment

Client Signature

Date