



# Peace After Church Hurt - 8 Week Workbook

Power of a Sound Mind Coaching LLC

A Path to Peace. A Life of Purpose.



## Week 1

Reflection:

Prayer:

Action Step:

Progress Notes:

## Week 2

Reflection:

Prayer:

Action Step:

Progress Notes:

## Week 3

Reflection:

Prayer:

Action Step:

Progress Notes:

## **Week 4**

Reflection:

Prayer:

Action Step:

Progress Notes:

## **Week 5**

Reflection:

Prayer:

Action Step:

Progress Notes:

## **Week 6**

Reflection:

Prayer:

Action Step:

Progress Notes:

**Week 7**

Reflection:

Prayer:

Action Step:

Progress Notes:

**Week 8**

Reflection:

Prayer:

Action Step:

Progress Notes:

**Client Signature**

**Date**