

HOW ARE YOU—Really?

WHY?

The health of our leaders will determine the health of our church.

PHYSICAL HEALTH		
STEP 1 NAME REALITY	STEP 3 PLAN	STEP 2 MY DESIRE
Write 2-3 words and/or draw an emoji to describe your current reality.	Write one tangible step to close the gap.	Write 2-3 words and/or draw an emoji to describe your desired <u>physical</u> health.
SPIRITUAL HEALTH		
STEP 1 NAME REALITY	STEP 3 PLAN	STEP 2 MY DESIRE
Write 2-3 words and/or draw an emoji to describe your current reality.	Write one tangible step to close the gap.	Write 2-3 words and/or draw an emoji to describe your desired <u>spiritual</u> health.
MENTAL HEALTH		
STEP 1 NAME REALITY	STEP 3 PLAN	STEP 2 MY DESIRE
Write 2-3 words and/or draw an emoji to describe your current reality.	Write one tangible step to close the gap.	Write 2-3 words and/or draw an emoji to describe your desired <u>mental</u> health.
EMOTIONAL HEALTH		
STEP 1 NAME REALITY	STEP 3 PLAN	STEP 2 MY DESIRE
Write 2-3 words and/or draw an emoji to describe your current reality.	Write one tangible step to close the gap.	Write 2-3 words and/or draw an emoji to describe your desired <u>emotional</u> health.