

SOUL HEALTH PLAN

CHRIS HOLDER

Name: _____

Year: 2023

PLAN GOAL

Take time to sit quietly in prayer with the Holy Spirit and make a statement regarding the big broad goal of this Soul Health Plan...Be specific and clear...No wrong answers...

To eliminate my sense of hurry in life. I want to enjoy time with God, time with family, and time with friends. I want to get closer to God.

Soul Exercises [SE]:

Soul Exercises may involve all or just one of the following time sensitive modes...suggestions follow below.

- Daily: Devotion and Prayer time set aside for both personal and family.
- Weekly: Increase Bible knowledge and memorization.
- Monthly: Journal and examine myself with my accountability chart. Look for ways to improve myself
- Annually: Attend a conference that could contribute to me bettering my role as a husband, father and pastor.

Rule(s) of Life [RoL]:

RoL's may involve all or just one of the following time sensitive modes...RoL's are explained below.

- Daily: To eliminate hurry from my life and give attention where it's needed the most. I want to not feel rushed and to enjoy the moments so they don't pass by without notice.
- Weekly: To sabbath sundown Thursday through sundown Friday
- Monthly: To enjoy nature whether it be through activity or alone time. Encourage at least 1 person to sabbath
- Annually: To get away with my family and enjoy the company of each other.

Weekly Sabbath:

Friday