

Devine Coaching

Self-Reflection

Living with purpose, being a presence, and incorporating healing practices into life are essential for health, healing, and wholeness. To guide your reflection and our work together, ponder these questions.

PURPOSE

[1: Just Beginning — 6: Well-Integrated]

I live my life with integrity and faithfully share my God-given gifts.	1	2	3	4	5	6
I listen whole-heartily to self, God, and others.	1	2	3	4	5	6
I honor Sabbath rest.	1	2	3	4	5	6

PRACTICE

I practice holy hospitality.	1	2	3	4	5	6
I practice whole-person stewardship of self, one another, and creation.	1	2	3	4	5	6
I nurture my relationship with God.	1	2	3	4	5	6

PRESENCE

I model a life of intention, mindfully living in the present.	1	2	3	4	5	6
I am self-aware, honest, and express my feelings in a healthy way.	1	2	3	4	5	6
I live a life centered so I can share God's love into the world.	1	2	3	4	5	6

Review and consider an area that you are motivated to grow.

Begin to identify steps that will support your growth.



Health, Healing, and Wholeness