

Checklist

SOCIAL/SPIRITUAL HEALTH

- ☐ Read/Study Bible Daily
- ☐ Pray daily/talk to God
- ☐ Find Bible study and prayer partners
- ☐ Read, watch, listen to uplifting content
- ☐ Get involved in community
- ☐ Forgive yourself and others
- ☐ Live in your purpose!

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