SOUL CARE PLAN

A soul care plan is a simple, intentional rhythm that helps you stay connected to God and care for your inner life. It isn't about adding more to your to-do list. It's about noticing what already gives life to your soul and making space for it with intention. Take some quiet, undisturbed time to thoughtfully respond to the reflection questions.

Imagine your soul as a garden. Some seasons, it's lush and full of life. Other times, it may feel dry, tangled, or neglected. Take a moment to reflect: What does your soul's garden look like right now? Is it flourishing? Overgrown? In need of rest?

What restores you? Think of practices that bring you peace, joy, or connection to God.

What drains you? What pulls you away from presence, rest, or trust?

What small shift could help you care for your soul this week?

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