

Personal Health Reflection

Name:

Weeks of:

Confidence

1. My favorite part of the last few weeks was:
2. A really encouraging thing in my ministry experience these last two weeks was:
3. What has your self-view been like these past two weeks? As a Christian, discipler-maker, student, etc.?
4. This is how I would describe my mental health experience the last few weeks (Including levels of anxiety, excessive stress, depression, panic attacks, disordered eating, self-hatred, addictions, etc.):

Character

1. This is where I feel like I am growing the most right now:
2. This is what I think the Spirit is speaking to me right now:
3. How long have I been walking in sexual purity both mentally and physically (i.e., when was the last time you gave in to fantasy, masturbation, or pornography)?
4. My relationship with media (social media, videos, audio, texting) has been...

Chemistry

1. Is there anyone you are having relational difficulties with (family, friends, coleader, etc.)? If so, who? Am I talking about others in an honorable way and in a way that makes those involved in the conversation have a good view of those people?
2. Is there anything that your mentor has said or done that has offended you or that you would like to talk about? What would you like more of from our times together?

Capacity

1. I completed all my school work appropriately this past week:
2. My devotional life with Jesus these past two weeks would be described as:
3. I think Jesus is pleased with how I cared for my body (eating, sleeping, exercise) during these past two weeks:

Competence

1. This is how my discipleship has gone in one-on-ones and lifegroup these past couple weeks:
2. I have been able to attend and engage in morning prayer these last couple weeks:
3. I feel like I have been given opportunities to serve and bring impact for the Kingdom of God these past two weeks:

Continued Development

1. When we get together, I would like to talk and/or pray about:
2. The following questions, comments, or concerns have come up while serving in my role:
3. Are there any ideas you have for the Connect Group?