

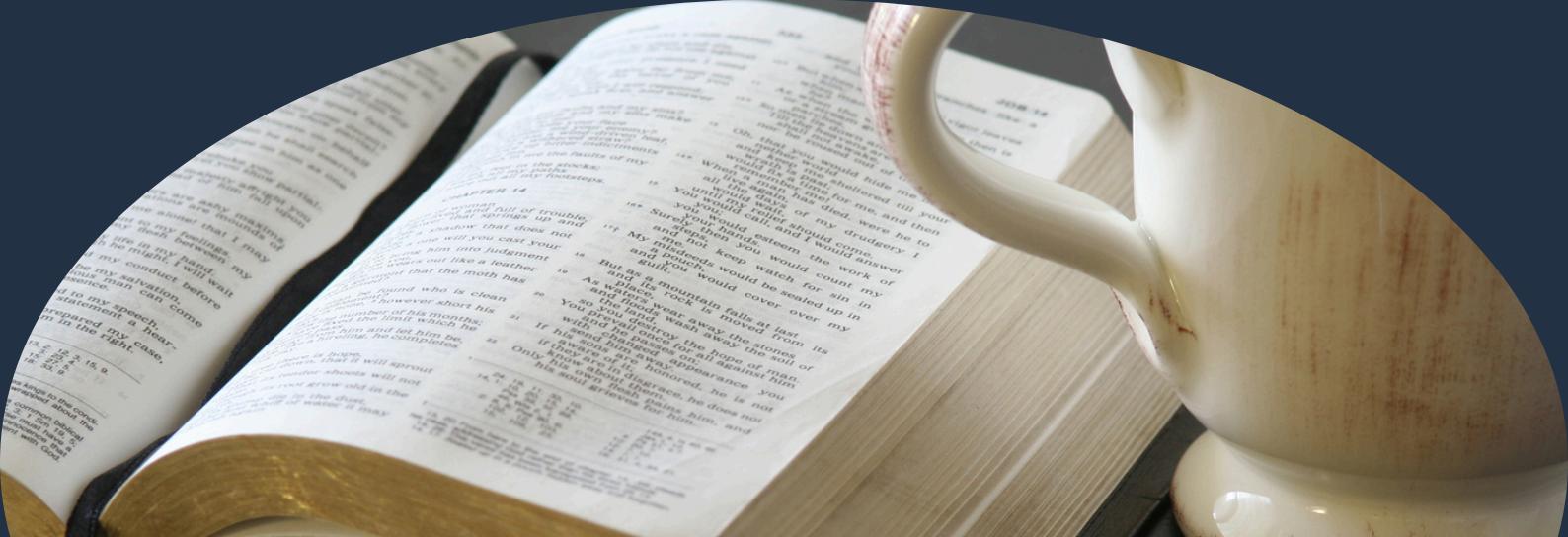
One Church Health Alliance

OCHA

United in Healing. Committed to Hope

SELF-CARE WORKBOOK

Knowing where you are
so you can let God move you forward.



MAKING SPIRITUAL AND
MENTAL HALTH A

PRIORITY

One of the greatest struggles I've faced in life is the fear of failure. There have been seasons where that fear became the loudest voice in the room—pushing me to perform, to please, and to avoid letting anyone down. I once heard Pastor Craig Groeschel say, "What you fear will drive you." That stuck with me. Because if your greatest fear is disappointing others, you'll constantly be driven by the pressure to appear capable, flawless, and tireless. Fear convinces you that if you make one wrong move, you've failed. And soon, that fear breeds anxiety—not just over what went wrong, but over whether you ever really succeeded at all.

But God offers us a better foundation.

"The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding." - Proverbs 9:10

When we shift our focus from the fear of failure to a reverent trust in God, everything changes. We begin to realize that success isn't found in striving—but in surrender. Wisdom begins when we trust that God holds the truth of our identity, our calling, and even our missteps.

This workbook is a guide to rediscover that truth. It will help you explore ways to make healthy, Spirit-led choices for your mental, emotional, physical, and spiritual well-being. As you walk through each page, our prayer is that you'll begin to see that it was never fear that was meant to drive you—but Christ.

You are not alone. You are not your failures. You are being led—by grace, by truth, by the One who holds your future.

MY 15 QUIET TIME PROCESS

5 MINUTES-PRAYER

Take five minutes or more to pray. Thank God for what he has given you. Ask God to prepare your heart to receive what He is going to show you through His word as you read. Give him praise for his word, ask for forgiveness for things you have done, and invite the Holy Spirit in to help you understand the word of God. Ask all of this in Jesus' name

5 MINUTES-BIBLE

Take five minutes or more to read the word of God. Write down in your journal any words you don't know so you can look them up later. As you read, you ask two things, what is God saying to the people at that time and what is He saying to you? The Holy Spirit will help you with both. Re-read it again if necessary. Write it down anything that presents itself as interesting or helpful.

5 MINUTES-MEDITATE

Take five minutes or more to pray and meditate on what you just read. Ask God to help you to understand it and to reveal anything that you might have missed as you think on it throughout the day. Pray for any prayer request during this time and take time to listen. No talking, no checking phone, just wait. This practice takes awhile to work on but eventually you begin to realize that this is when God will speak to you.

WEEKLY BIBLE STUDY
TRACKER

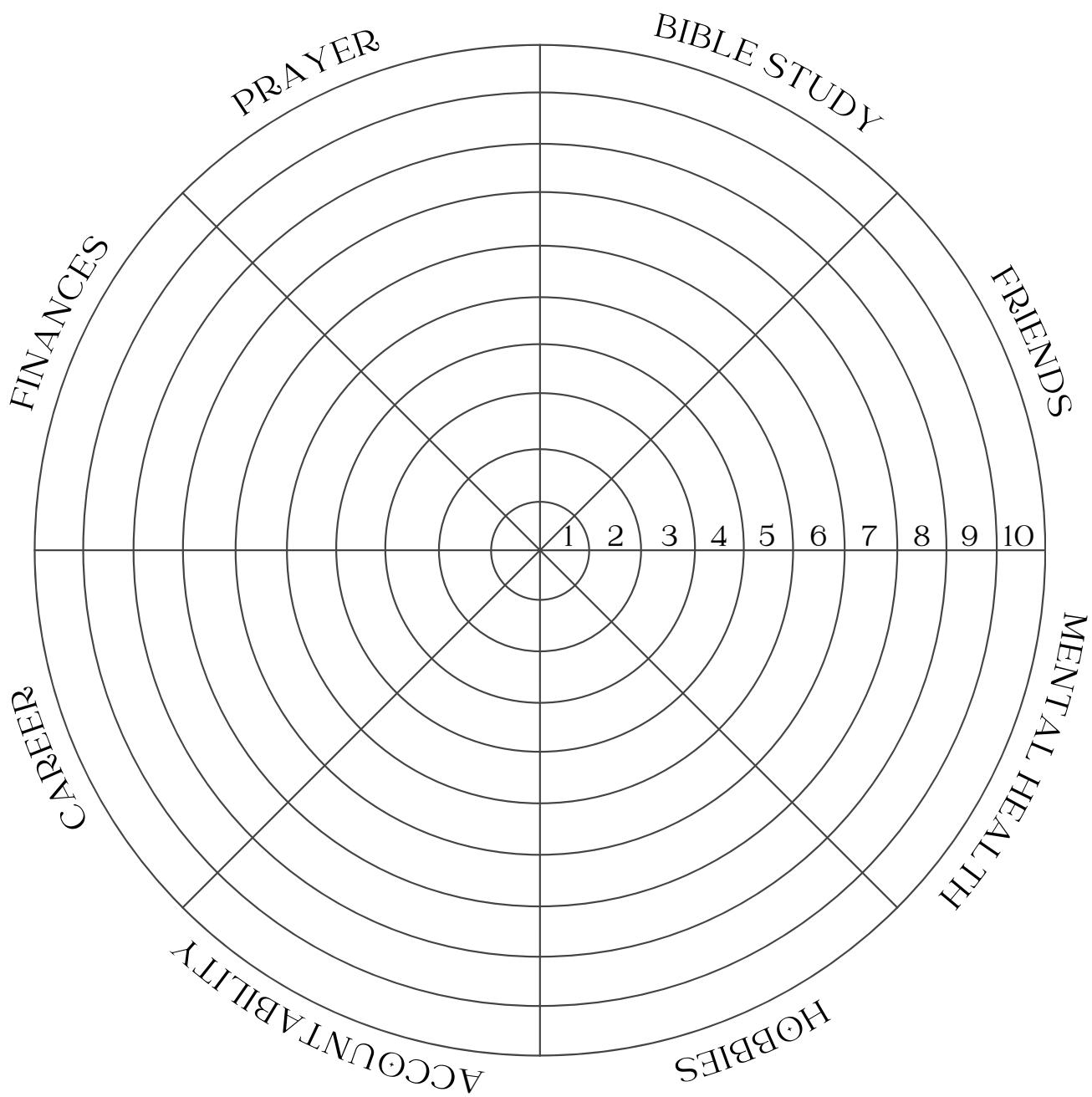
WEEK OF: _____

	Bible Passage	Reflection	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>

WHEEL OF UNDERSTANDING

The *Wheel of Understanding* is a great tool that helps you better understand how you are doing mentally and how it affects the rest of your life. Think about the 8 life categories below, and rate them from 1 - 10 with 1 being the best. Evaluate yourself every 3 months and see how you are progressing. If you go backwards, don't be hard on yourself, you're being honest and you know where you need to go from there.

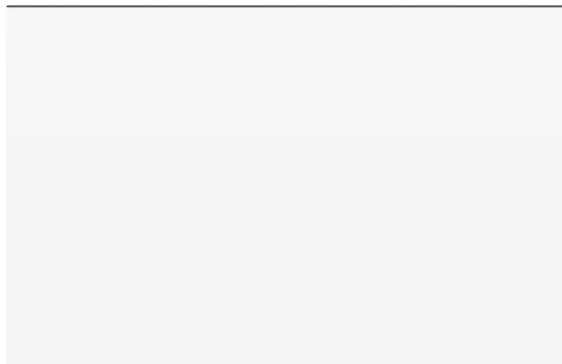
Keep moving forward and take it one day at a time.



Mental Health Check-In

DATE:

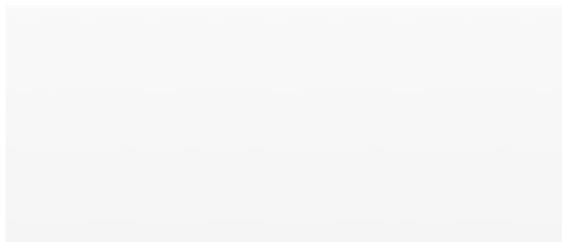
HOW ARE YOU FEELING TODAY?



HOW ARE YOU FEELING TODAY?



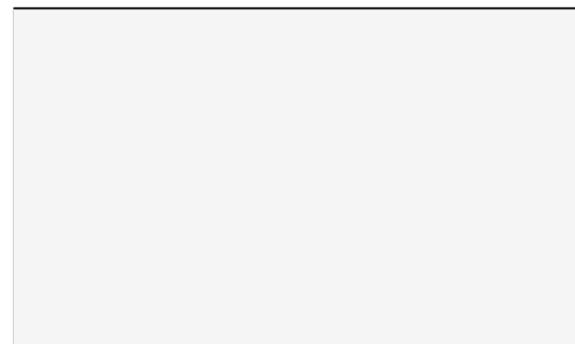
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?



WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

- _____
- _____
- _____

WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

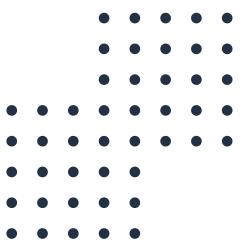


THINGS THAT TRIGGERS NEGATIVE EMOTIONS

- _____
- _____
- _____

MY RANKING OF MY MENTAL HEALTH THIS WEEK





FILLABLE **CHECKLIST**

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

MORNING SELF-CARE

NIGHT SELF-CARE

SELF-CARE INTENSIONS

Daily Prayer Requests

Today I am grateful for

Three Bible Verses to Memorize

01

02

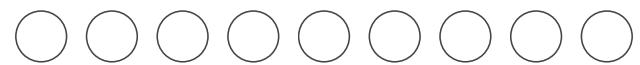
03

SCHEDULE

Water (Cups)



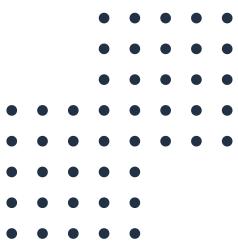
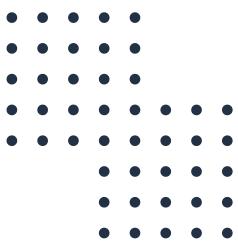
SLEEP (HOURS)



MOOD



NOTES



UNDERSTANDING GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

SO, WHY IS THIS GOAL IMPORTANT?