

## Diary Charting Exercise and Experiment for Whole Person Goals

*Purpose: to assess if external or internal influences are hindering you being your true self in Christ; reference the Living as a Healthy Whole Disciple Handout for more information. This is not to assess whether or not you are completing these as tasks, but what certain influences could be impacting you in a helpful or unhelpful way.*

*Please rate or note based on instructions in each section.*

Note anything important or critical that happened this week: \_\_\_\_\_

### Physically—

Rate these on scale of 1-5: (5= More often than not I lived this way; 1=this was not part of this day)

	I ate food healthy for my body	I drank enough water for my body	I slept enough to feel rested	I exercised or was active	I took medication list: _____	I had allergies	I was on my period or had PMS	I had sugar or caffeine more than once	I used food, drink, or other substance
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									

### Spiritually—

Rate these on scale of 1-5: (5= More often than not I lived this way; 1=this was not part of this day)

	I felt close to God today	I practiced these spiritual disciplines	I spoke these true statements from Scripture to myself	I did not connect to God today b/c I felt...	I did these things which helped me connect to God
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Emotionally—

Rate these on scale of 1-5: (5= More often than not I felt this way; 1=this was not part of this day)

	Day of the week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
I felt hurt								
I felt sad								
I felt disappointed								
I felt angry								
I felt resentful								
I felt fearful								
I felt anxious								
I felt insecure								
I felt guilty								
I felt condemned or shameful								
I felt joyful								
I felt peaceful								
I felt this instead _____								

Intellectually—

Rate these on scale of 1-5: (5= More often than not I lived this way; 1=this was not part of this day)

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
I thought about repeated things							
I had several negative thoughts							
I noticed thought patterns							
I used thought or mind renewal tools							
I was creative							
I dreamed a little about goals							

Socially/Relationally—

Rate these on scale of 1-5: (5= More often than not I felt this way; 1=this was not part of this day)

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
I spent time with a close friend							
I could have used more time with friends or family							
I could have used more time alone							
A close friend or family member was sad/hurt							
Instead of choosing time with people I chose to over eat, drink, smoke, act out in some way...							

