

## Healing Plan Worksheet

---

### Assessment: What's going on?

*What symptoms indicate that you are not healthy?*

In your body?

In your mind?

In your soul?

*Which of the obstacles might be blocking healing? Expand on how that obstacle is manifested in your life.*

- Unforgiveness
- Unbelief
- Ego/Pride
- Spiritual Arrogance
- Quick-Fix Solutions

### Goals:

*Write specific goals for healing. For example, **I desire healing of ... so that I can ...**  
Write healing goals for each need (body, mind, soul).*

## Resource Inventory:

Rate the status of each resource using this scale:

1=Active and fruitful (It is helping me heal.)

2=Active but not fruitful (I'm doing it but don't see an impact.)

3=Not active but available (I am not using this resource, but it is available to me.)

4=No active and unavailable (I don't have access to this resource.)

\_\_\_ Professional Help

\_\_\_ Prayers of Petition

\_\_\_ Prayers of Renunciation

\_\_\_ Communion with God

\_\_\_ Spiritual Warfare

\_\_\_ Community

\_\_\_ Forgiveness

\_\_\_ Repentance

\_\_\_ Healing Book Study

\_\_\_ Humility

\_\_\_ Charity

\_\_\_ Live in the Present

\_\_\_ Healing Retreats

\_\_\_ Care for the Body

*What are your insights from that inventory? Why are some active resources helpful? What makes them so helpful? Why are some active resources not helpful? Why are you not using some active resources? Which resources are unlikely to be helpful to you and why?*

## Choose an Action/Review and Adjust

*Consider your symptoms, obstacles, goals, and resources. Choose steps(s) that can help you heal. What one or two actions will you take? When will you begin? Who can help you along the way?*

I will do...

I will begin on this date...

I will ask for help from...

I will persist at least until this date...