



Healthy Life Grid

God cares more about who you are than what you do (and so do we). You can use this grid to help you evaluate the past season of your life and prepare for the next one. Use it at whatever frequency works for you—whether that’s every month, every ninety days, or every year. Focus a few small habits rather than taking on too much at once.

<p style="text-align: center;">Spiritual Health</p> <p>“Remain in me as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” (John 15:4-5)</p>	<p style="text-align: center;">Relational Health</p> <p>“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.” (Colossians 3:12-14)</p>
<p style="text-align: center;">Emotional Health</p> <p>“Like a city whose walls are broken through is a person who lacks self-control.” (Proverbs 25:28)</p>	<p style="text-align: center;">Physical Health</p> <p>“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” (1 Corinthians 6:19-20)</p>