

# Monthly Wellness Report

Name \_\_\_\_\_

Date: \_\_\_\_\_

Peace/Calm      Overwhelmed    Pressured      Calm  
                          •  •  •  •

Faith/Confident:      Dismayed    Discouraged    Confident      Hopeless      Steady      Hopeful  
                          •  •  •  •       Hope:     •  •  •  •

Format of Personal Retreat Day: What did your PRD look like?

Personal Retreat Day (PRD), What did God show you or teach you?

What spiritual disciplines is God urging you to further develop?

Virtues being pursued: What character traits are you developing?

Obstacles being faced: What is hindering you in your walk with God? Challenges to ministry?

Scripture, Other book reading: What are you reading?:

Marriage/Family/Significant relationships:

Experience of Community:

Physical well-being: How is your health? What are your fitness habits?

Anything Else: