

MONTHLY WELLNESS REPORT:

Name _____

Date: _____

Overwhelmed Pressured Calm

Peace/Calm • • • •

Dismayed Discouraged Confident

Faith/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: What is hindering you in your walk with God? in 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: