



MENTAL HEALTH

SELF-REFLECTION WORKSHEET

2 PETER 1:5-6 (NIV)

FOR THIS VERY REASON, MAKE EVERY EFFORT TO ADD TO YOUR FAITH GOODNESS; AND TO GOODNESS, KNOWLEDGE; AND TO KNOWLEDGE, SELF-CONTROL; AND TO SELF-CONTROL, PERSEVERANCE; AND TO PERSEVERANCE, GODLINESS;

FAITH

What are ways you can increase your faith and relationship with God?

GOODNESS

WHAT ARE AREAS YOU FEEL ARE HINDERING YOU?

- Negative thought processes
- Anger
- Gossip
- Addictions
- Anxiety
- Depression
- Marital Issues
- Self-worth
- Lying
- False idols
- Eating issues
- Obsessive/Compulsive thoughts
- Disorganization
- Envy, jealousy, or comparisons

KNOWLEDGE

WHO OR WHAT RESOURCES CAN YOU ACCESS FOR YOUR ISSUE(S) TO GAIN MORE INFORMATION AND SUPPORT?

SELF-CONTROL

WHAT IS YOUR GOAL EACH DAY?

WHAT IS A POTENTIAL ROADBLOCK TO YOUR GOAL?

PERSEVERANCE

WHAT IS GOING WELL AND HOW ARE YOU MAINTAINING YOUR GOALS?
